

A close-up, high-angle shot of a woman's face. She has long, dark brown hair. Her eyes are closed, and she is wearing heavy, dark eyeliner and voluminous black mascara. Her eye makeup includes a shimmering gold or bronze eyeshadow. She has a small, thin, curved nose ring in her left nostril. Her lips are painted with a vibrant, matte red lipstick. A hand with long, olive green manicured nails is visible on the left side of the frame, with one finger resting near her chin. The lighting is soft and even, highlighting the texture of her skin and the details of her makeup.

INSTITUTE OF INK

LIP COSMETIC TATTOO



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LIP COSMETIC TATTOOING

Lip cosmetic tattooing creates a fuller lip with no lip injections required, that extends past the natural lip line adding more symmetry, soft subtle, tint of colour. Perfect for those looking for a plumper, more contoured pout.

Caucasians lose about 35% of pigment in their lips starting at age 35. The lips also start to lose fat, but the top lengthens and folds over, giving an unhappy, sagging appearance it just gives the appearance of youthful colour and definition lasting up to, three years





LIP TINT / GLOSS



LIP BLUSH



FULL LIP COLOUR

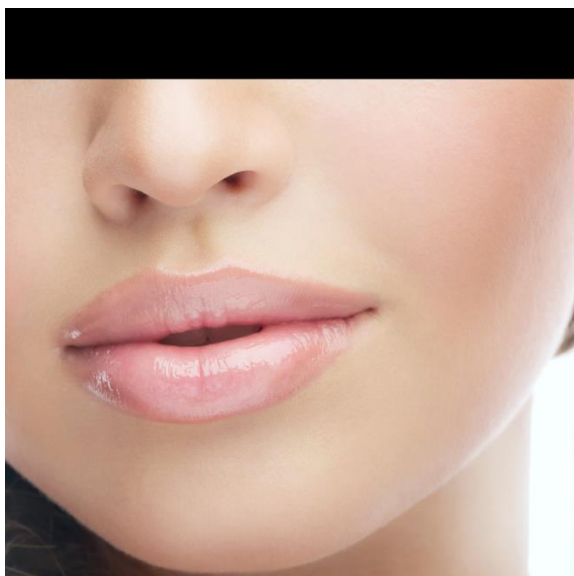


OMBRE LIPS



SHADED LINER

L I P O P T I O N S



MOST NATURAL

- 2 PASSES | 3 LAYERS
- 2 SESSIONS
- 4-8 WEEKS APART
- ANNUAL TOUCH UPS
(2 SESSIONS)

L I P G L O S S 2 T R E A T M E N T S

SEMI - NOTICABLE



- 2 PASSES | 3 LAYERS
- 3 SESSIONS | 4-8 WEEKS APART
- 18 MONTH TOUCH UPS
(2-3 SESSIONS)



L I P B L U S H

3 T R E A T M E N T S

NOTICABLE



- 2 PASSES | 3 LAYERS
- 4 SESSIONS | 4-8 WEEKS APART
- BI - ANNUAL TOUCH UPS
(2-3) SESSIONS)



F U L L C O L O U R 4 T R E A T M E N T S



SEMI - NOTICABLE

COLOUR TRANSITION

- 2 PASSES | 3 LAYERS
- 3 SESSIONS | 4-8 WEEKS APART
- 18 MONTH TOUCH UPS
(2-3 SESSIONS)

O M B R E

2 - 3 T R E A T M E N T S



NATURAL / SEMI NOTICABLE

- 2 PASSES | 3 LAYERS
- 2-3 SESSIONS | 4-8 WEEKS APART
- 18 MONTH TOUCH UPS
(2-3 SESSIONS)

S H A D E D L I N E R 2 - 3 T R E A T M E N T S



FAQ'S

What are cosmetic tattoo pigments made from and are they safe?

All pigments used are the best quality and highly safe. Most pigments are Iron Oxide and Titanium Dioxide based, a safe non-reactive substance and suspended in distilled water, alcohol and glycerin. The pigments are specifically designed for implantation into human skin.

How long will the colour last?

The longevity of colour in the skin cannot always be predicted. Some skins hold colour longer and stronger than others, while others fade leaving a light residue in the skin. Pigment may fade or change according to metabolism, lifestyle, skin type, medications, age, smoking, alcohol, sun exposure, and use of active skincare products such as Retin-A and Alpha-Hydroxy Acids (AHA's)

How long do results last?

Lip cosmetic tattooing is semi-permanent, it will begin to noticeably fade after 24-36 months, even though its only gradual fading.

There is no guarantee as each individual will respond differently.

More frequent touch ups may be required where a client chose a soft lighter shade initially, or clients who did not follow after care advice.

Semi-permanent micro pigmentation is not an exact science, so each client is different.

Some clients even find they would like the look FRESH and even come for a touch up after 12 months. This is purely a client's preference.

Q. Does it hurt?

Not usually. Topical cream or lip anaesthetic patch is applied up to 60 minutes prior to procedure, and a liquid topical anesthetic is applied onto the brow after each pass during the first 2 passes. There is usually 3 passes at each treatment.

Everyone has a different level of sensitivity so topical anesthetics are applied before and during the treatment to alleviate any sensation or discomfort.

WHAT TO EXPECT?



Lip Line, Lip Blend and Full Lip Colour

Immediately after the procedure lips may appear to be crooked and uneven due to swelling. When the swelling subsides in 24 to 48 hours, the lips will become evenly shaped. With any lip procedure, particularly on mature skin, bruising can occur. It is usual for clients to experience the following:

- Initial colour appears bright and dark.
- The skin in that area will exfoliate four or five days after treatment.
- After exfoliation, the colour will appear to have faded.
- Three to four weeks after the treatment the colour will start to reappear in a softer tone than the original colour.

Clients who have had lip lines and lip blend treatments can be touched up after four to six weeks. Clients with full lip colours must wait for eight to twelve weeks. It is recommended that lip line techniques are mastered before lip blend, full lip colour and camouflage treatments are attempted.

CLIENT PROFILES

Client profiles must be maintained and updated every year for two main purposes.

1. You must obtain your client's most updated contact information in case there are any reports of **blood-borne infections originated** from your business. You must be able to refer back to any of your clients if it is requested by the city you work in.
2. You can pre-screen your clients to ensure they are a **good candidate for the procedure**. Your clients can also prepare better by reading the questionnaire prior to their appointment if you have it online or emailed to them.

Some common questions are addressed below with explanations if your client answered *yes* to any of these questions:

1. Do you have any known allergic reactions or sensitivities to any topical or local anaesthetics?

- Most topical numbing agents contain lidocaine.
- Make sure your client is not allergic to lidocaine before applying the numbing cream.

2. Do you have any allergies (i.e. Polypriorin, Bacitracin, Neosporin, Latex, etc.)?

- Always have nitrile gloves in handy in case your client is allergic to latex.

3. Are you currently pregnant or breast-feeding?

- It is recommended you refrain from providing treatment to clients who are pregnant or breast-feeding because there are too many metabolic changes to the body.
- Also, a blood borne pathogen can be transmitted to the baby if for any reason there has been an exposure.

4. Do you bruise easily?

- Bruising is likely especially with older clients.
- Recommend arnica tablets daily 5 days prior to lip cosmetic tattooing and 5 days after.

5. Do you have any heart conditions or high blood pressure?

- It is always best to consult with a physician if your client has any serious heart condition. Cholesterol and blood pressure medication make the blood platelets less sticky.
- In cosmetic tattoo industry, this means there may be a higher chance of the blood coming to the surface of the skin.
- When there is more blood, it can wash away the tattoo pigment and result in poor colour retention.

6. Do you have, or do you think it is possible that you have any blood-borne communicable disease such as HIV or Hepatitis?

- Remember, your client does not have to tell you they have a blood-borne disease.
- Always take precautions and follow the proper sanitary practices advised by your local city's guidelines to protect yourself.

7. Do you have any serious medical conditions?

- Blood thinners, blood pressure medication, and pain killers prevent blood platelets from clumping together which means that they will be more prone to bleeding during a PMU procedure.
- You should ask your client to get clearance from their physician before performing any

8. Do you have diabetes, currently on any form of immunosuppressant therapy or any condition that may delay healing?

- Diabetic clients who are insulin dependent often do not heal as well and may be at a heightened risk for infection.
- It is essential that they keep the blood sugar level under control to reduce the risk of slow healing.
- Immunosuppressant drugs reduce the body's immune system and delay healing.
- They may need clearance from their physician before you do this procedure.

9. Are you prone to keloid scarring, hypertrophic scarring, or any other form of excessive scarring condition?

- Cosmetic tattooing is not a surgical procedure and the chance of getting keloid scarring is rare.
- However, if your client scars very easily, DO NOT take any chances if there are any concerns.

10. Are you allergic or sensitive to any metals?

- Most PMU pigments contain iron oxides which are metallic salts, and the needles contain a small amount of nickel.
- You may provide a patch test prior to the procedure.

11. Have you ever had a Herpes Simplex Type 1 infection?

- If the client has a history of getting cold sores, it is recommended they get prescription from a physician and take anti-viral medication for 3-4 days prior to the procedure.

12. Have you had any form of cosmetic or surgical procedure, Radiotherapy or Chemotherapy at any time within the last 6 months? (Botox, injections, laser therapies, facelifts, etc.)

- Chemotherapy wipes out the immune system and white cells that fight infection. Postpone the procedure until the blood count is normal and ask for a physician's clearance.
- If your client had any cosmetic or surgical procedure, they should wait at least 3-6 months.
- If your client had any Botox near lips wait two weeks
- Lip fillers around the lips, wait at least 4 weeks.

PRE-PROCEDURE CLIENT PROTOCOLS

BEFORE THE APPOINTMENT

- Ensure you give the following pre-care instructions to your client prior to the appointment.
- It is extremely important these instructions are strictly followed for best results and longevity of the newly tattooed lips.
- We recommend you email this information to your clients prior to their appointment or have a pre-care section on your website for easy access.
- Not adhering to these instructions may cause more pain during the procedure and jeopardize the healed results.

PRE-CARE INSTRUCTIONS

- No alcohol consumption 24 hours before your procedure.
- Avoid sun and tanning one week prior to procedure.
- Do not take Aspirin, Niacin (Vitamin B3), Vitamin E or Advil/Ibuprofen 48 hours before procedure.
- No chemical peels 4 weeks prior.
- Discontinue the use of Accutane/Retin-A or any other acne medication at least 6 months prior to the procedure.
- If you are prone to cold sores simplex breakouts use Zovirax for 5 days prior to treatment and 5 days after treatment or Ezovis (cold sore tablets) the morning of the lip procedure and have a spare packet in case they feel the tingle sensation of a cold sore starting after the procedure.
- Keep lips moist for one week prior to the procedure.
- No lip filler around 4 weeks prior.
- Please Note: You will be more sensitive during your menstrual cycle.
- If you are sick, the healing process will be slower, and the treatment may be less comfortable than when you are in good health.
- Make sure you've eaten something and have had enough to drink (not alcohol!) so that you are not dehydrated.
- Delicate skin or sensitive areas may redden and swell slightly.
- It is advisable not to make social plans for the same day immediately after your treatment.
- If you bruise or bleed readily, or regularly use Fish Oil, Ginger, Garlic, Ginseng or Ginko, it is recommended that you start taking Arnica Tablets for 3-5 days prior to your treatment.

AFTERCARE PROTOCOLS

- Expect the Lips to be slightly tender 1-3 days. Swelling is minimal and with most clients it will subside within 24 hours.
- Apply vitamin E oil and keep lips moist.
- Cold pads can be applied to minimize swelling (if any).

DO'S AND DON'TS

- Skin topicals that contain acids or retinol may lighten the colour prematurely with continuous use.
- Do not sit in a heated spa, sauna, or steam room 2 weeks. Steam will open pores and may make the colour bleed out.

CARING FOR NEW LIPS.

- Apply vitamin E oil on lips every hour or so for 14 days, using clean cotton tips for each for each application.
- Avoid any exfoliants during the healing process (14 days).
- Avoid swimming pools, the beach, steam rooms and saunas during the healing process (14 days).

ON THE FIRST DAY...

- Avoid a shower or bath, steam can open the pores making the pigment spread.
- NO SOAP or CLEANSERS on the treated area for one day, as they can be detrimental to the bonding process that must take place for the pigment to stabilize in your skin.
- Cold compresses or ice packs will help bring the swelling down (if evident).

DAILY CARE TO FOLLOW FOR 7 DAYS...

- Keep your hands away from your Lips to prevent the possibility of infection.
- Some itching is normal. DO NOT PICK, PEEL OR RUB your Lips as the colour may heal unevenly and you could risk infection which could lead to scarring. Allow the colour to flake away by itself.
- Do not receive skincare beauty treatments for 5 days after the application. .

Avoid for 2 weeks...

- Do not expose your Lips to direct sun, tanning treatments, spas, saltwater, chlorinated pools, and direct shower spray - Steam will open pores and may make the colour bleed out.

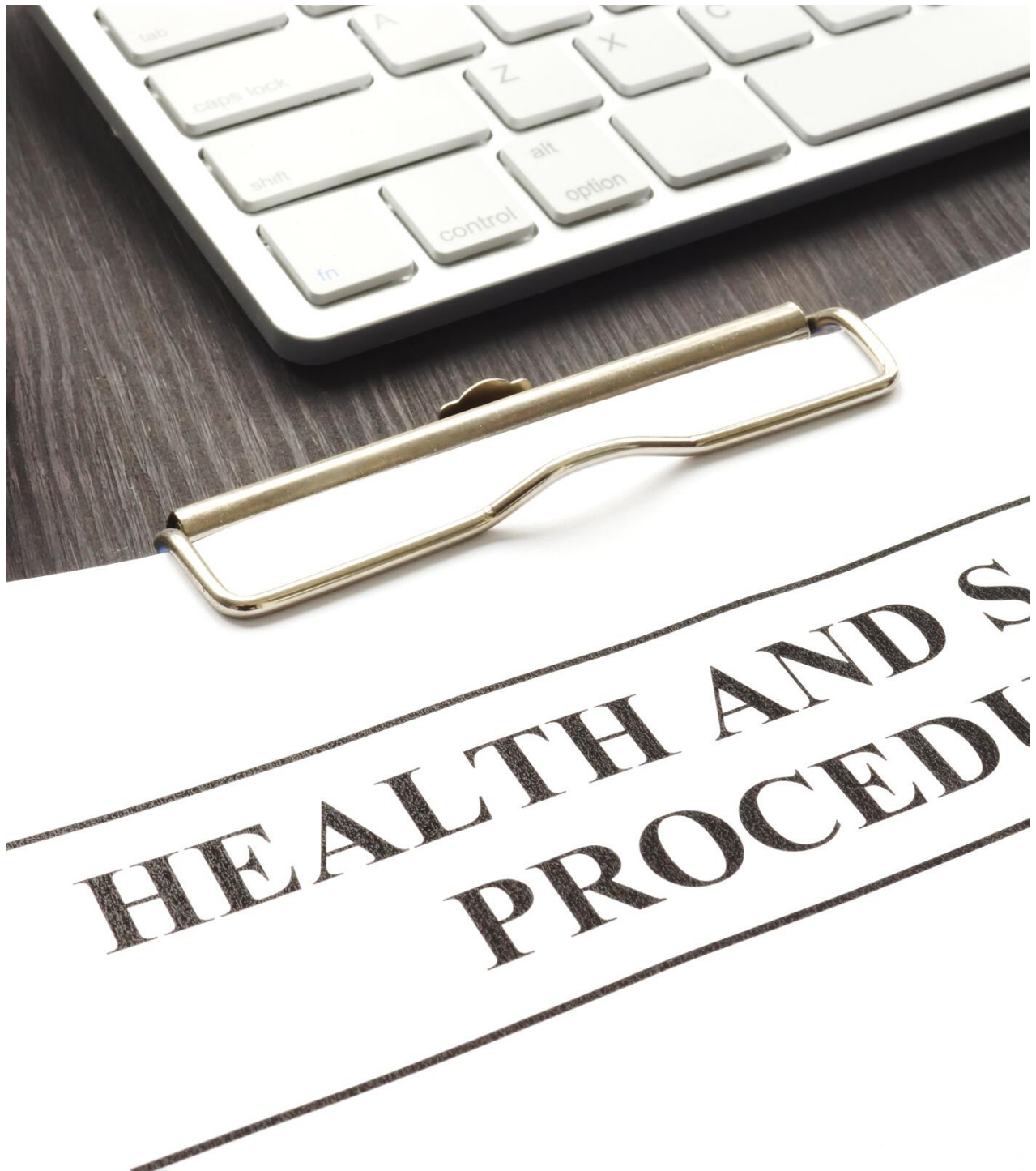
Long Term Care...

- Use a good lip balm that contains sunscreen lotion/cream. Sun exposure will fade your permanent cosmetics.
- If you are planning a chemical peel, laser procedure or an MRI scan, please inform the technician of your permanent cosmetics.
- Please inform the National Blood Service if you donate blood, as you may not be eligible to give blood for a year post application.

Important Notes...

- Remember, colour will be stronger and more sharply defined for up to 14 days after application but as the healing process occurs the colour will soften and lighten.
- The approximate healing period is 14 days; however, healing can be prolonged if your immune system is compromised if you are generally stressed and/or have a poor diet.
- Keep in mind that in many cases, some unevenness of colour is to be expected in some cases up to 60 %. Therefore, the re-touch visit allowing us to fine tune your enhancement is an important part of the whole process.
- The area where the tattoo has been applied must be kept moist for successful healing and to avoid scabbing.
- Scabbing will result in excessive loss of pigment.
- NO Make-Up is to be applied to Lips for at least 14 days.
- NO picking at any scaling that may occur — let the scales fall off naturally — picking could cause scarring.
- Exposure to Sun, Salt Chlorine & Chemicals. Exposure to the sun over time can cause fading and colour change.
- Chemicals of any kind could interfere with the healing and the colour.
- Glycolic Acid and face peel products must be kept completely away from the Tattoo as continued use could lighten colours.

HEALTH & SAFETY





SHARPS

Sharps are clinical waste. Sharps used for skin penetration, such as needles, must be handled carefully during procedures to avoid needle stick injuries and the possible transmission of blood-borne diseases.

Sharps containers must comply with AS 4031:1992

Non-reusable containers for the collection of sharp medical items used in health care areas. Containers vary in size up from 1 liter containers.

Sharps containers should be placed a minimum of 1 meter above floor level, out of the reach of children. When the container is full, seal and dispose of it in accordance with Environmental Protection Authority requirements.

WASTE

All bins used for waste must be lined with a plastic bag that can be sealed for disposal. It is essential that clinical and related waste (formerly known as infectious waste) is properly packaged, labeled, handled, and transported to minimize the risk of occupational exposures and the transmission of infectious diseases to both waste handlers and the community.

The Environmental Protection Authority has requirements for the management of clinical and related waste.

You will need to consult your local council for further compliance guidelines and regulations.



DISPOSAL OF OTHER CLINICAL AND RELATED WASTE

Clinical and related waste, such as blood-stained swabs, cotton wool and gloves, must be placed into a plastic bag-lined washable bin with a close-fitting lid marked 'infectious waste', and disposed of according to Environmental Protection Authority requirements.

DISPOSAL OF GENERAL WASTE

All general waste, such as papers and powdered pigments, should be placed into a plastic bag-lined washable bin with a close-fitting lid marked 'general waste'. General Health guidelines for personal care and body art industries, waste can be disposed via normal refuse collections. Bins should be regularly emptied and washed.

DISPOSAL OF LIQUID WASTE

All liquid waste may be disposed of via the sewer, provided the local water authority has given prior permission. Plumbing must meet regulations. All liquid waste must be diluted well during disposal, via the running of four times the amount of cold water through the system at the same time.

DISPENSING



To avoid contamination, the operator must ensure any make-up, fluid, cream, ointment or similar substance is removed from its original container/tube (including self-dispensing pumps) using a clean disposable applicator. Leftover creams, ointments and similar substances must not be returned to the original container and must not be used on any other client. Applicators used for dispensing must not be re-dipped into the original container and must be discarded after each client. Single use applicators are recommended.

PUMPS/SPRAY BOTTLES/NOZZLES

Pump outlets, bottles and nozzles are a potential source of contamination, particularly due to the build-up of contents around the outlet. Nozzles should be cleaned frequently and dried before being replaced. Wash bottles and nozzles in warm water and detergent, rinse them under hot running water, and dry them using a lint-free cloth, before refilling the bottle or replacing the pump/spray nozzle. Pump/spray bottles should never be topped up. Drop-in cassette dispensers are more convenient and economical

Animals, other than guide dogs for the hearing- or sight-impaired client, should not be permitted in procedure areas. Having animals in premises should be discouraged.





SAFETY

You are responsible for providing a safe work environment for clients and other persons entering the premises. This effort involves providing:

- Properly maintained facilities and equipment.
- Personal protective equipment.

A suitably designed and clean workplace to minimize potential hazards, such as:

- ✓ Safe storage of equipment and chemicals.
- ✓ Sharps and other clinical and related waste.
- ✓ Hepatitis C and HIV AIDS; No Vaccine is available for the prevention of Hepatitis C and HIV/Aids.
- ✓ Hepatitis B immunization is recommended for all cosmetic tattoo professionals.

EMERGENCY SITUATIONS

Each workplace should conduct a risk assessment to determine likely workplace hazards and develop a first aid kit accordingly. It is strongly recommended that operators complete a first aid course.

BLEEDING

When bleeding occurs either during a procedure or accidentally, the operator should: Put on single use gloves if not already using them Prevent the bleeding by applying pressure to the area until stops using a dry sterile single use dressing handle both the dressing and the contaminated implement carefully to avoid coming into contact with the blood or body fluids/substances from the client or the instrument.

Place contaminated dressings or swabs in a plastic bag before disposing of them in the clinical and related waste bin. Thoroughly wash hands with soap and hot water after treating wounds or handling contaminated dressing, then pat dry discard single use instruments into the appropriate clinical and related waste container.



BROKEN SKIN

Small areas of broken or infected skin on exposed parts of the operator's body should be covered with a waterproof dressing that completely covers the affected area.

PPE

PERSONAL PROTECTION – GET COVERED!

GLOVES

Wearing gloves must not replace hand washing because gloves may have defects that are not immediately obvious. Gloves must be disposable gloves which are replaced as soon as possible after contamination, as well as when they are torn, punctured or otherwise lose their ability to function as a barrier to exposure.



APRONS

Some councils require disposable aprons must be worn, whenever splashes, sprays, splatter or droplets of blood or other infectious materials may occur, such as during clean-up and performing tattoo.



EYE PROTECTION

Wear glasses or goggles whenever splashes, sprays, splatter or droplets of blood or other infectious materials may occur, such as during clean-up and performing tattoo.

FACIAL MASKS

Facial Mask must be worn whenever splashes, sprays, splatter or droplets of blood or other infectious materials may occur, such as during clean-up and performing tattoo.



HAIR NETS

It is recommended that your clients wear hair nets throughout all cosmetic tattooing procedures.

STERILISATION

In every procedure, you must:

- Cover surfaces that may need to be touched, for example, light, surface. Cover barrier wraps and barrier cling film.
- Open all sterile items (including disposable packs and needles) in the presence of the client to show sterile instruments are being used. Check the chemical indicators for colour change and, if satisfactory, then assemble the hand piece. Any leftover pigments, creams, water, and wipes must be immediately discarded after each client.
- Replace any sterile instruments or needles accidentally touched by the operator or contaminated in any other way, either before or during a treatment, with another sterile instrument or needle. Take care when inspecting needles for defects such as damaged or blunt points.
- Needles must never be tested for sharpness on the skin of the operator or client. Self-illuminating magnifying glasses are available to check needles for bluntness or barbs.

You will need to consult your local council for further compliance guidelines and regulations.



MEDICAL CONDITIONS

MEDICATIONS

- Blood Thinners:
- Anti-histamines:
- Blood Pressure Medications and diuretics
- Diabetes Medications: Insulin, Oral Hypo-glycemics -- Delayed healing, increased risk of infection and potential for hypoglycemic attack during procedure.
- Pain-Killers: Narcotics
- Sleeping Pills
- Dermatological: Accutane or Retin-A can cause skin to not accept pigment colour evenly or at all.
- Hormone replacements: some side effects on skin pigmentation can occur with hormones.
- Antibiotics: Tetracycline and sunlight.
- Arthritis: Gold- chrysis, Plaquenil. May cause off colors to appear in the pigmented area eventually.



CONTRAINDICATIONS



INTRODUCING CONTRA-INDICATIONS

CONTRA-INDICATIONS IS A CONDITION THAT MAY PREVENT YOU FROM PERFORMING A LIP COSMETIC TATTOO SERVICE OR RESTRICT THE SERVICE.

Reasons that will prevent you from performing a service. If your client has medical or total contra-indication or if there is infection present or if the service may hurt or make the condition worse.

Reasons that will restrict you from performing a service. Your client has a non-contagious condition, you are able to perform the service without causing harm to your client.

CONTRA-INDICATIONS

CONTRA-INDICATIONS

ABNORMAL SKIN

Rashes, abnormal skin textures, bruising, swelling any infected area. A technician should not tattoo over any skin defect, including pimples.

DRY LIPS

Lips **MUST** be in great condition for the best results. Do not tattoo dry lips.

COLDSORE

Clients that have had cold sores, must take cold sore medication before and after lip tattoo.

LIP INJECTIONS

Clients should get lip tattoo 4 weeks prior to injections or 2 weeks after.

LOCAL CONTRA-INDICATIONS

LOCAL CONTRA-INDICATIONS

Sometimes you can proceed with the procedure, with using alternative treatment or product, with caution.

CUTS/ABRASIONS

You must wait until the lips are completely healed to proceed with lip cosmetic tattooing.

SCAR TISSUE

6 months minor scar i.e no stitches.
12-24 months for significant scar - required stitches.
Scars are very sensitive. Always work with delicate caution.

BRUISING/SWELLING

You must wait until the lips are completely healed to proceed with lip cosmetic tattooing.

SUNBURN&DIAGNOSED LUMPS OR BUMPS

You must wait until the lips are completely healed to proceed with lip cosmetic tattooing. DO NOT tattoo over lumps or bumps.

MEDICAL CONTRA-INDICATIONS

MEDICAL CONTRA-INDICATIONS

Sometimes you will be required to proceed with a treatment or service.

PRESCRIBED MEDICATION OF ACNE

RETIN-A & RENOVA.

It is a drug commonly used to treat acne vulgaris and keratosis pilaris.

TRI-LUMA

A topical anti-inflammatory to help heal the skin is a mild corticosteroid that reduces inflammation and depigmenting agent that interrupts the formation and synthesis of melanin to help lighten the skin.

ANTIBIOTICS

Performing treatments using products can trigger the immune system and sensitivity or allergies toward products can build up over time when the immune system is compromised.

GLYCOLIC ACID

Used to resurface the skin.

ALLERGIC REACTIONS



- | | |
|--|---|
| <ul style="list-style-type: none">• Blurred or double vision• Confusion• Convulsions/seizures• Dizziness or light headedness• Feeling hot, cold, numb• Headache• Increased sweating• Ringing of buzzing in the ears | <ul style="list-style-type: none">• Shivering or trembling• Slow or irregular heartbeat• Troubled breathing• Unusual anxiety, excitement, nervousness or restlessness• Unusual paleness• Unusual tiredness or weakness |
|--|---|

PATCH TEST

Medical conditions play a large part in the permanent cosmetics process. Is advised before any procedure.

The majority of PMU Technicians do not have medical experience so it is important for everyone performing PMU to be aware of those conditions that may be contraindicative to tattooing and identify whether it is appropriate to make a referral to a doctor before proceeding.

Patch test

- Wear gloves, clean the area using alcohol wipes, apply the anesthetics to the clean area.
- Apply a little pigment on the scalp with a fine needle.
- Gently scratch in the pigment – we recommend using a skin colour pigment.
- Clean area by wiping the area that was patch tested with a damp gauze pad.
- Advise tell client to apply Medi-cream to area, every few hours they wiping off old cream first and reapply with fresh Medi cream.
- Dispose of all waste into clinical waste, disinfect, sanitize and sterilize treatment area / rooms as per salon policies and procedures (skin penetration cleaning regulations).
- Wait 48 hours to see if the client has had a reaction to the tested area.
- On clients next visit check the patch test and if no sign of a reaction book her in when she is available.
- If the client has had a reaction you are unable to go ahead with the procedure.



HOW TO PATCH TEST

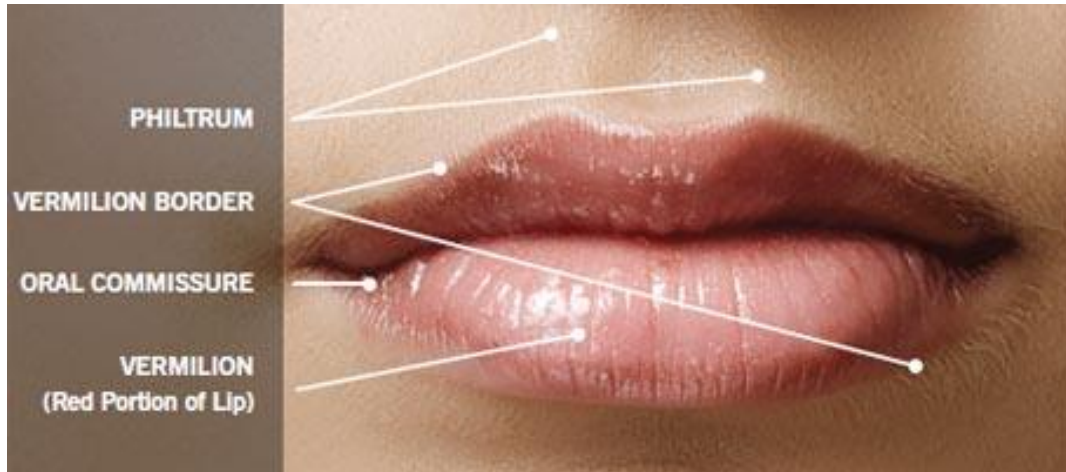
> PATCH TEST OF ANESTHETIC ON WRIST

- Clean patch test area with alcohol wipe
- Leave pigment on the skin for 5 minutes.
- Remove anesthetic with damp cotton pads.
- Follow up with client 24 and 48 hours to determine any sensitive or adverse reactions

> PATCH TEST OF PIGMENT BEHIND EAR.

- Clean patch test area with alcohol wipe.
- Leave pigment on the skin for 5 minutes.
- Remove pigment with damp cotton pads.
- Follow up with client 24 and 48 hours to determine any sensitive or adverse reactions

LIP ANATOMY



When drawing the lip outline shape, it is necessary to take the cupid's bow, and vermilion border into consideration.

When a client wants to add shape to the bow or outside edge of the lip, you must not leave the vermilion border. This is the section between the lip and the hair follicle portion of the skin. It's best to keep within the natural lip line.

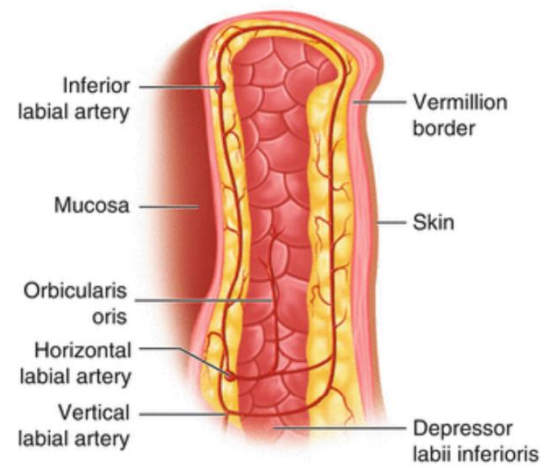
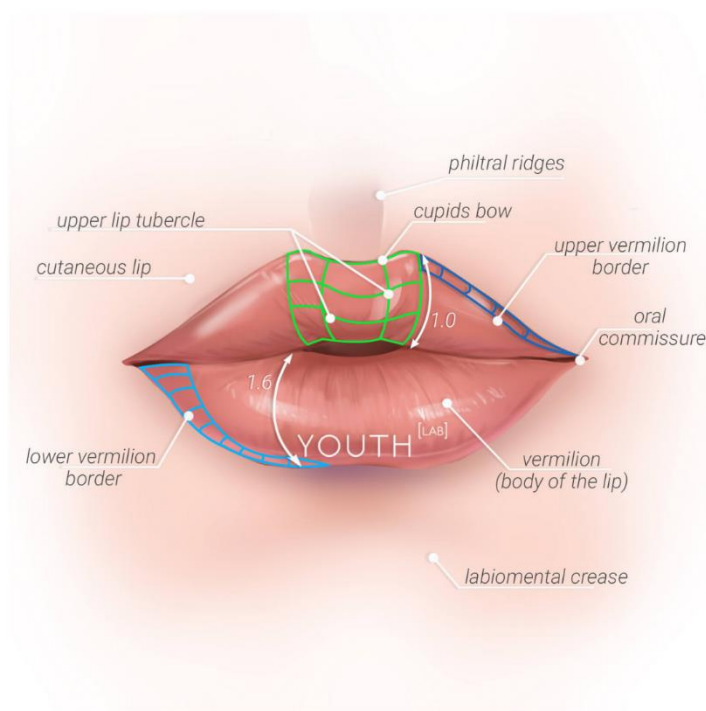
If you do add anything outside the lip's vermilion border, **never** exceed 1mm! Some people have a large vermilion border, and some have little or no vermilion at all. This is the area where you may see Botox added for a "lip flip", that is when Botox is injected into the top lip hairline to create a turn of the top lip outwardly.

Always let clients know that if they want shape to remain, they will need to continue fillers or Botox. If they do not continue getting Botox or fillers, they may just have a decrease in size and shape may need to be adjusted at an annual appointment.

When drawing and finding your peaks, always follow the Philtrum (the lines that come down from the nostrils) they should end at the peak giving you a defined shape. You should always have two mountains and a valley in the cupid's bow for definition.

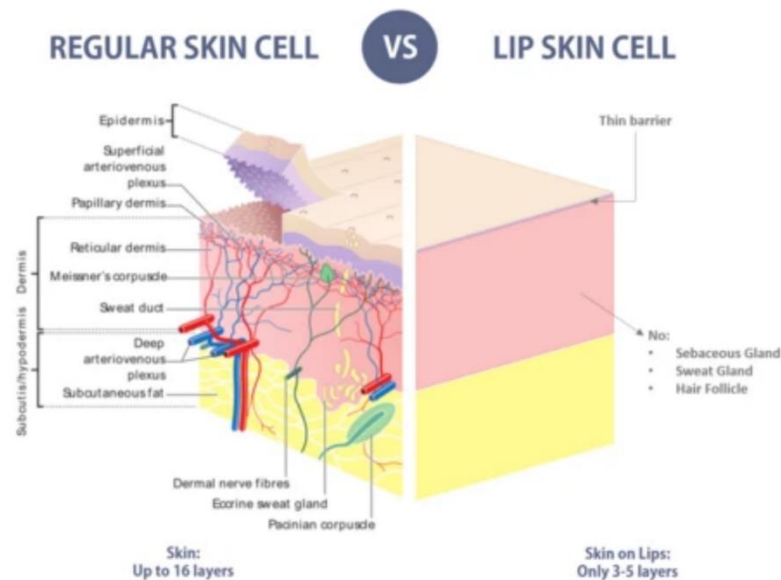
Never fill the cupid's bow too much outside of a natural lip shape. The skin look can look stained.

Fillers also can be broken down slightly due to tattoo, but, for the tattoo, it's better if they have filler done first so they have the correct shape and stretch before getting tattooed. Be very careful when working in the corners. The skin is very thin there and you do not want to have blurring or work outside of the crisp corner.



SKIN LAYERS

The skin of the lip, with three to five cellular layers, is very thin compared to typical face skin, which has up to 16 layers. With light skin colour, the lip skin contains fewer melanocytes (cells which produce melanin pigment, which give skin its colour)



LAYERS OF SKIN

THE THREE LAYERS WITHIN THE SKIN:

1. Epidermis

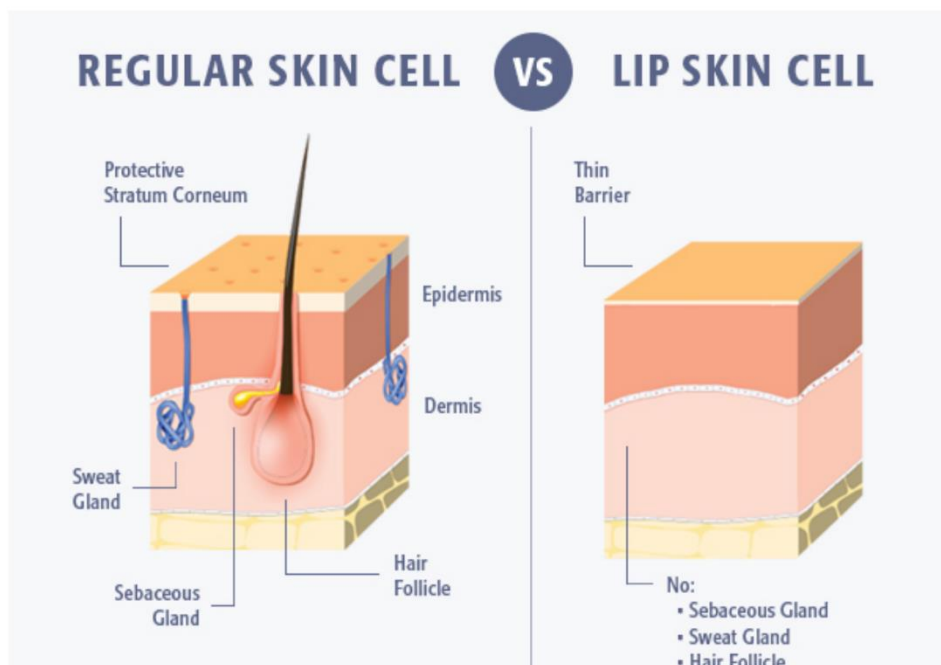
- This is the outermost layer of the skin, which provides a waterproof barrier and creates our skin tone.
- The epidermis undergoes constant renewal, and all cells are turned over every 28 days as the most superficial cells are replaced by new ones.
- The turnover cycle is much faster for younger skin and slows down as we age.

2. Dermis

- The dermis lies beneath the epidermis as a living tissue.
- It contains hair follicles, sweat glands, nerve endings and other structures.

3. Hypodermis

- This is the innermost layer of the skin. It is made up of fatty and connective tissue that house large blood vessels and nerves.
- It also plays a role as an insulator which helps to regulate temperature.



LIP SHAPES



full lips



heavy upper lips



wide lips



round lips



heavy lower lips



thin lips



bow-shaped lips



heart shaped lips



downward-turned lips

LIP SHAPES

SKIN TONE VS UNDERTONE

SKIN TONE VS SKIN UNDERTONE

- As a PMU artist, it is imperative to understand the difference between skin tone and undertone.
- You must be able to choose the correct pigment and predict how the colour will heal according to your client's skin tone and undertone.

SKIN TONE

- Skin tone is your skin colour that you see when you look at yourself in the mirror.
- It is often referred to as very fair, fair, medium, dark, medium dark and very dark. Skin tone can change when it is exposed to the sun.
- For this reason, it is best to check **under the wrist or arm** to have a better idea of what the real skin tone is.



SKIN TONE

Darker skin tones will need a darker colour since you need a higher contrast for the colour to show up on the skin.

Darker skin tones that need darker pigments will need the pigments to be warmed up by using an orange pigment to the selected mix. The darker the skin is, the more of the orange you need. It is about balancing colours before they are injected into the skin.

✓Cool - needs warming - warm pigments. ✓ Warm - needs cooling - cool pigments.







If the skin is very fair, do not use colours that are too dark. You can always add more colour on touch-up. Skin undertone refers to the skin's secondary hue. What is under the skin.

Basically, the lighter the skin the more warmth is in the undertone - this will need cool pigments to balance out the warmth. touch-up.

Dark skins generally have cool undertones, therefore those with cool undertones, will generally require pigments that are warm, or add orange to create it the warmth in the case you use a dark colour on a with dark skin. The darker the skin the more warmth is required to balance out the fact the client's skin does not have it, create it.

Avoid colours that are too warm on a client with a warm skin undertone. They will pull the warmth more than a person with a cool undertone.

SKIN TONE CATEGORIZED UNDER THE FITZPATRICK SCALE

The Fitzpatrick Skin Type Scale					
					
TYPE 1	TYPE 2	TYPE 3	TYPE 4	TYPE 5	TYPE 6
Light, Pale White	White, Fair	Medium, White to Olive	Olive, Moderate Brown	Brown, Dark Brown	Black, Very Dark Brown to Black
Always burns, never tans	Usually burns, tans with difficulty	Burns mildly, tans gradually	Rarely burns, tans with ease	Very rarely burns, tans very easily	Never burns, tans very easily

UNDERTONE

- Undertone, on the other hand, does not change no matter how much sun you are exposed to.
- It is the colour beneath the colour of your skin. It is the one you do not see at first sight but plays an important role in determining how the pigment heals.
- There are three basic categories of skin undertone: **cool, warm, and neutral**.

COOL – pink, red or bluish undertones

WARM – yellow, peachy, golden undertones

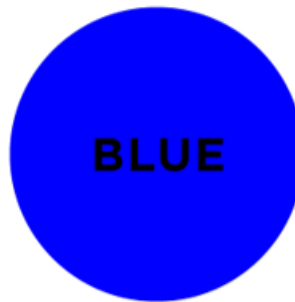
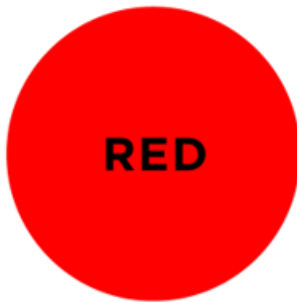
NEUTRAL– a mixture of cool and warm undertones

- Figuring out your skin undertone can be done in many ways but the easiest way to know is through your visible veins under your wrist.
- Do your veins appear bluish or deep purple? Then you fall in the cool-toned category.
- If your veins appear greenish it indicates that you fall under warm undertone category.

COLOUR THEORY

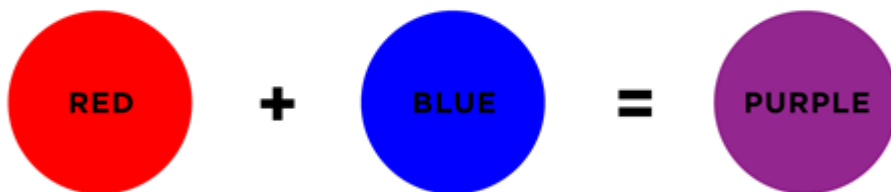
PRIMARY COLOURS

- Red, blue, and yellow are colours that cannot be formed by the combination of other colours.
- We call them primary colours because of their non-divisibility.



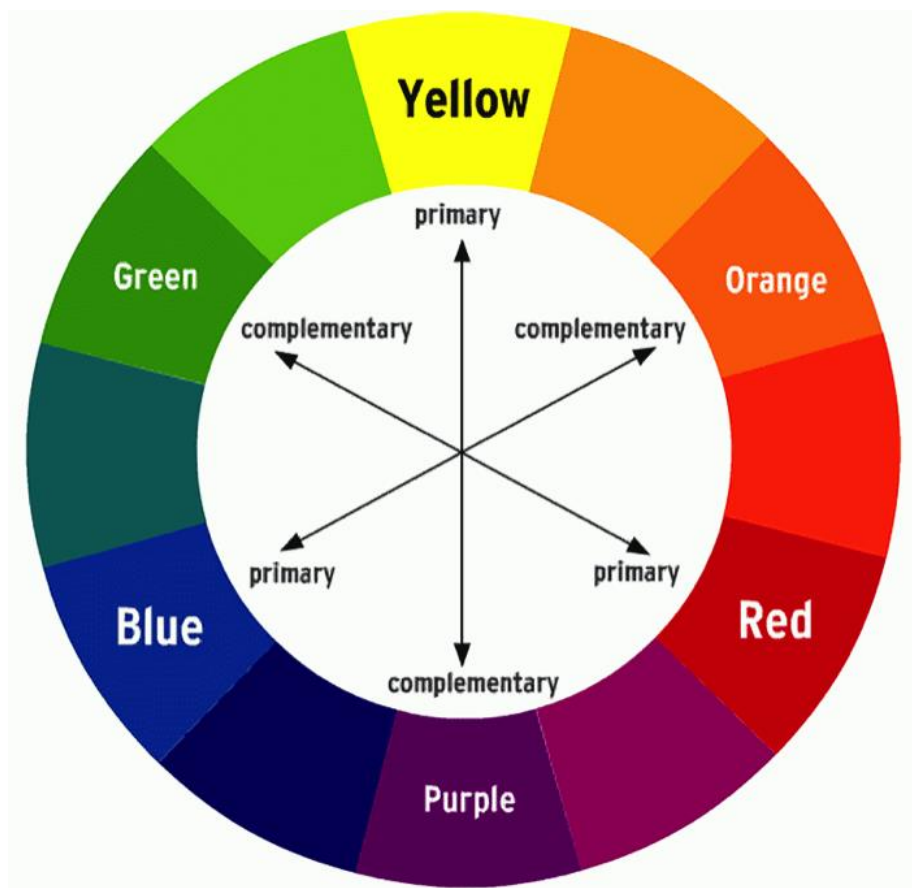
SECONDARY COLOURS

- Orange, purple and green are colours that are produced by mixing two primary colours.
- We call them secondary colours.



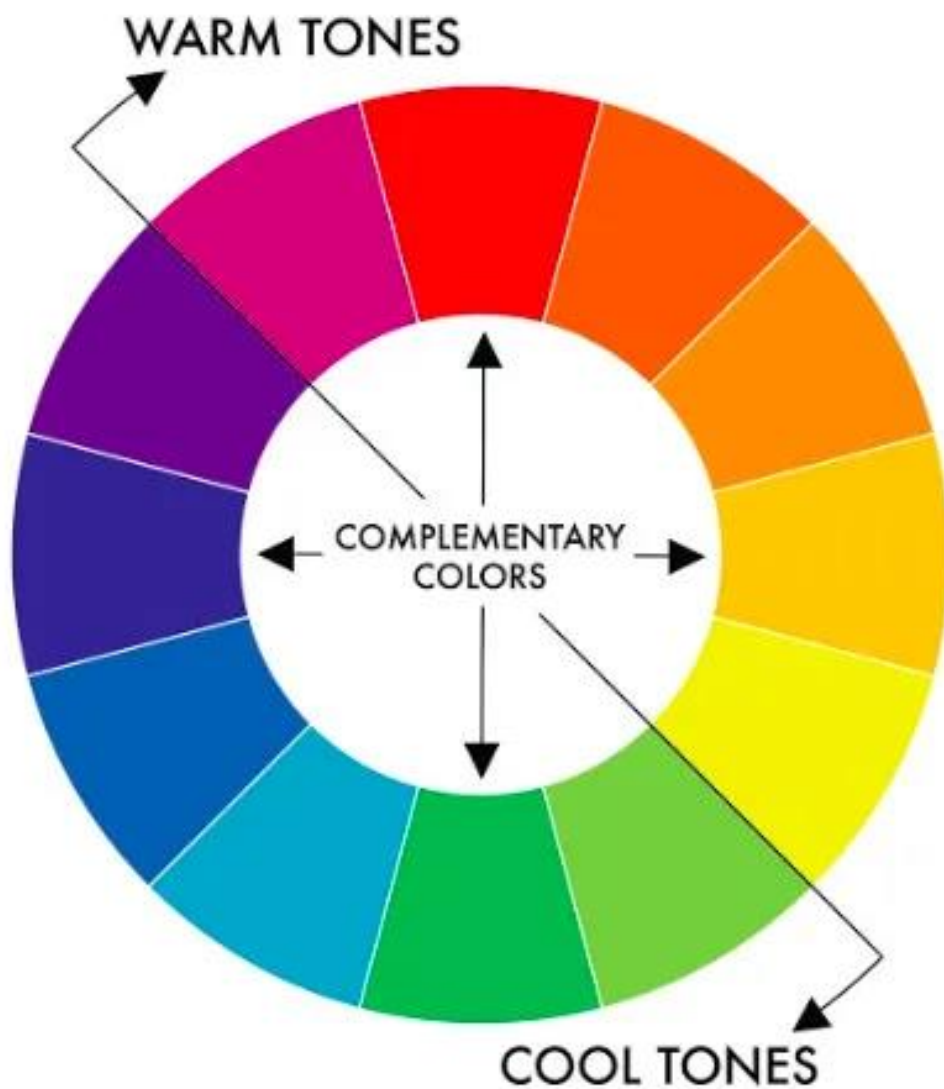
COMPLEMENTARY COLOURS

- Complementary colours are pairs of colours that are on the opposite side of the colour wheel.
- When they are mixed, they cancel each other out by producing a grayscale colour.
- They are also called opposite colours.



WARM VS COOL COLOURS

- If you split the colour wheel in half, you can divide the colours into warm and cool colours.
- Warm colours are shades of red, orange, and yellow and cool colours are shades of green, blue and purple.



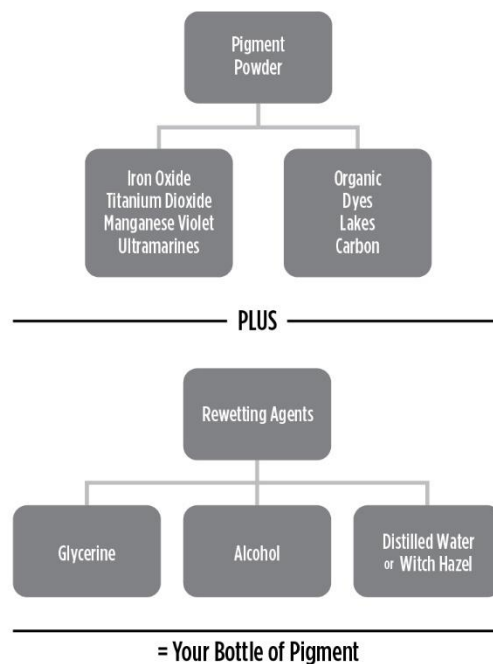
PIGMENT COMPOSITION

What are pigments made of?

PMU pigments can be divided into 2 different groups.

1. **Iron Oxides** - a pigment that is man-made from natural elements (Inorganic)
2. **Carbon** - a pigment manufactured by precipitating a dye with an inert binder (Organic)

Over 95% of major cosmetic tattoo pigment manufactures use both organic and inorganic colorants in their pigments. Although iron oxides are inorganic, they are safe to use on skin.



What is Iron Oxide?



- Iron oxides are found in a wide array of cosmetic tattoo pigments.
- They are synthetically made because oxides formed in a natural, uncontrolled settings are often contaminated with heavy metals.
- Iron oxides are gentle and non-toxic when used on skin and are usually hypoallergenic.
- They typically do not cause problems even for people with sensitive skin.
- Iron oxides also have a high lightfastness number which helps the colour not to fade.
- Iron oxide particles are larger in size compared to carbon particles.

What is Titanium Dioxide?

- Titanium dioxide is a large molecule that gives opacity to pigments.
- Adding more Titanium dioxide will provide more opacity to colour making it look more solid.

What is Carbon?

- Pigments that are made with carbon are often waterier in texture because the carbon particle is smaller in size.



HOW TO CHOOSE COLOUR

HOW TO CHOOSE COLOUR

- In the PMU market, there are so many colours available for you to choose from.
- When it comes to selecting the right colour for your client, you not only need to distinguish your client's **skin tone** under the Fitzpatrick scale, but you also need to pay attention to their **skin undertone**, **hair colour** and **personal preference**.
- Always consult your client before choosing a colour and listen to what your client is seeking for. If your client is unsure, it is safer to start with something more conservative and natural.
- You can always add more colour and make them darker on their touch-up.

1. SKIN TONE

- Darker skin tones will need a darker colour since you need a higher contrast for the colour to show up on the skin.
- If the skin is very fair, do not use colours that are too dark. You can always add more colour on touch-up if the colour heals too light.
- It is better to be more conservative on the initial session so that you can add or correct colours on their touch-up.

2. SKIN UNDERTONE

- Do not use colours that are too warm on a client with a warm skin undertone. They will pull the warmth more than a person with a cool undertone.
- On the other hand, do not use colours that are too cool on a person with a cool skin undertone. They will heal ashier/cooler than a person with a warm undertone.
- A client's skin tone and undertone can be different.
- Depending on the pigment brand, you may need to modify the pigment by adding a drop of warm or cool colour in the pigment mix.
- You can always add more warmth or coolness on the touch-up session once you see how the colour heals from the initial appointment.

4. PERSONAL PREFERENCE

- Have a brief consultation with your client discussing the type of shape and colour your client would like to achieve.
- If the client wears minimal make-up daily, choose more natural colours.

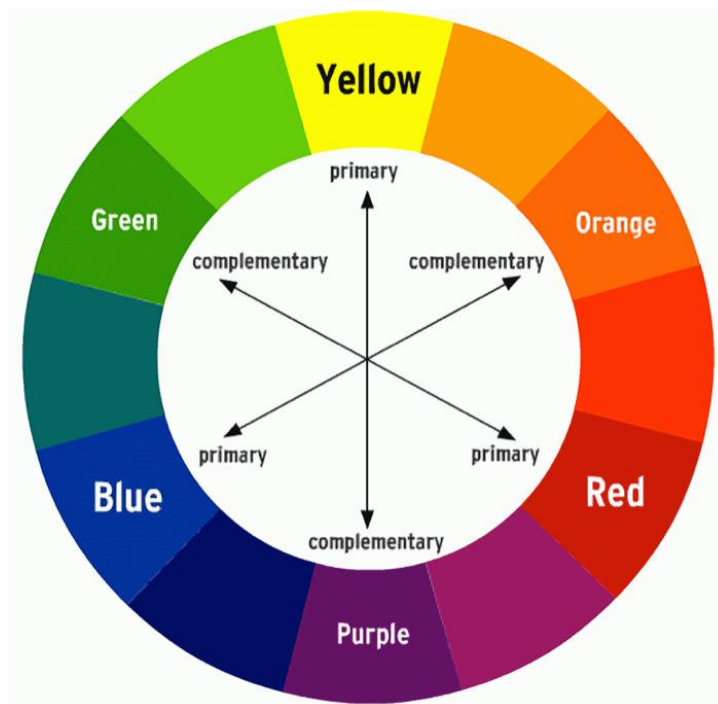
CAUSES OF DISCOLORED LIPS

1. Clients with a *warm skin undertone* will pull the *warm tone of a pigment* more than a person with a *cool skin undertone*. If you use a *warm pigment* on a person with a *warm undertone*, the colour will heal very *warm* compared to someone with a *cool undertone*.

Make sure you know the undertone of both your pigment and your client. Remember, **warm skin undertone will heal warmer** and **cool skin undertone will heal cooler**.

UNDERSTANDING COMPLEMENTARY COLOURS

- You can colour correct old tattoos that have turned blue, purple, or red by understanding complementary colours.
- For example, to correct purple lips, you first must identify the complementary colour of orange or yellow.
- As you can see from the colour wheel, orange can offset blue.



PIGMENT SELECTION

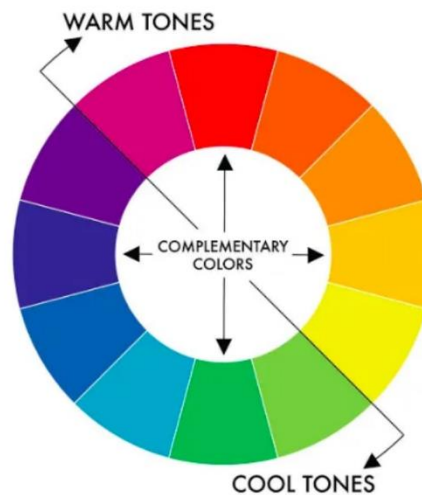
DARK SKIN

When it comes to selecting the right colour for your client, you need to distinguish your client's skin tone using the Fitzpatrick scale, you also need to pay attention to their skin undertone, colour and personal preference.

When selecting pigments it is necessary to evaluate the clients skin (tone and undertone) and the colour of the lips. And refer back to complementary colours because this must be taken into account when selecting suitable colours to use.

Dark lips may need correcting first and this may take 2-3 sessions and the 4th session is the target colour. However you must select orange based colours such as a peach because if you select a red it can result in purple or if a cool pigment is selected such as a purple based pink or mauve the end results will be cool outcomes.

The darker the skin is naturally the more orange you need to add to the pigment to keep the pigment warm.



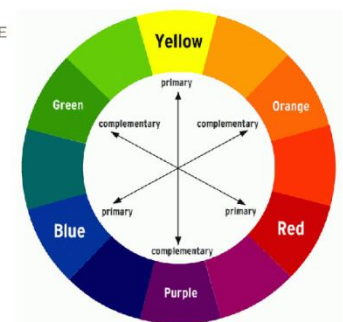
MODIFIER

MODIFIERS ARE COLOURS TO CREATE BALANCE IN PIGMENTS AND TO COUNTERACT WARM AND COOL SKIN UNDERTONES.

NOT ALL PIGMENTS REQUIRE A MODIFIER. VERY LIGHT COLOURS AND WARM SKIN (NEEDS COOL) AND VERY COOL PIGMENTS AND DARK SKINS (NEED WARMTH).

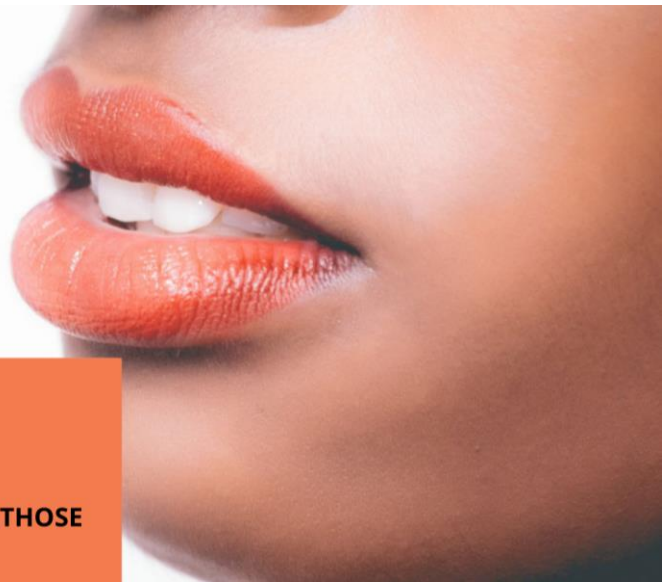
ALSO IMPORTANT FOR CORRECTION.

YELLOW PIGMENT WILL COUNTERACT PURPLE
ORANGE PIGMENT WILL COUNTERACT BLUE



PRO TIP

**USE ORANGE BASED PIGMENT COLOURS FOR THOSE
WITH DARKER SKIN TYPES**



EXAMPLES - COOL BASED LIP PIGMENTS

08



PURPLE

Purple is a cool pigment. This is suitable for those with warm skin tones and undertones. It is not suitable for those with cool skin tones and undertones.



EXAMPLES - ORANGE BASED LIP PIGMENTS

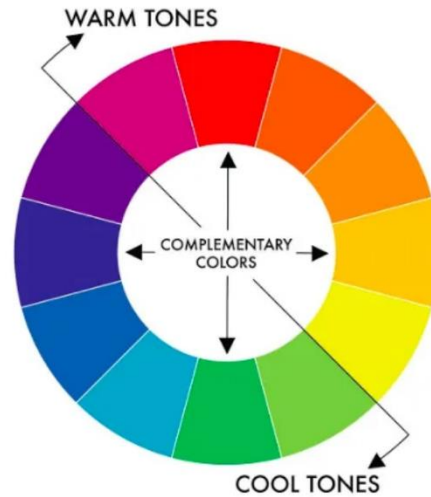


PIGMENT SELECTION

LIGHT SKIN

Clients with light skin generally have warm undertones, they can pretty much select any colour.

One thing to keep in mind is that as we age, our lips lose colour. This is up to 35% of colour after the ages of 35. Therefore if a client wants a pink or soft red, consider adding more brightness to the pigments to compensate the natural loss of colour and to rebuild it with pigments.



COLOR CORRECTING

Color corrections are not easy but can be done. I recommend working with lighter lips when starting out and adding in darker tones when you feel your application is flawless.

Orange cancels out purple so you will need to explain to your client by first pointing out their dark outline and explaining that it will not be perfect but better for them long term.

They will need to be okay with you tattooing bright orange over the darker areas to first lighten and correct the discolored areas. This may be a 2-3-part process.

You will then proceed to tattoo the insides of the lips with the orange and then desired color for one pass. When they come back healed, you may need to repeat or just add in another color if they have lightened to a soft pink.

These clients will also most likely need to come see you annually to keep even coverage.



These lips are extremely cool and purple, I would recommend a pass of yellow or illume colour correction and then two passes of a soft orange or pink tone. These lips may need 2-3 sessions of correcting before being this light. This was after 2 passes of colour. She also has dark corners that should be avoided.

This lip is light in saturation (little color) and very cool in blue/purple tones. This will require orange and some pink to correct. A nice coral will do the trick with a lip of this color. This lip doesn't really require a correction, light saturation is fine, these will heal to a natural soft pink.



MIXING AND CHOOSING COLOR

When it comes to selecting the right colour for your client, you not only need to distinguish your client's skin tone under the Fitzpatrick scale, pay attention to their skin undertone, and personal preference.

Always consult your client before choosing a colour and listen to what your client is seeking for. If your client is unsure, it is safer to start with something more conservative and natural. You can always add more colour and make them darker on their touch-up.

PIGMENT 101



There are at least one hundred colours to choose from, and you can create any shade by mixing pigments together. The colour that is implanted into the skin can be viewed through the skin tone which means that the skin tone becomes a part of the colour equation. When choosing pigments, the skin tone and the skin undertone **MUST** be considered. The skin tone refers to the skin's dominant hue, while the undertone is the secondary skin hue (colour).

A cool skin will need pigments that create a warming effect. Colours can be warmed by adding yellow and/or orange to the selected pigment.



DRAWING AND MAPPING

Each artist has a different technique for drawing and finding the perfect shape.

It is important that you understand lip anatomy and how they are shaped to achieve symmetry.

NOTE: You can not tattoo regular skin.

Follow the clients natural lip shape.

Use a red lip pencil to create the lip outline and reinforce the outline with a white cosmetic pencil (optional)

Ask your client if they prefer a more rounded cupids bow or more pointed.



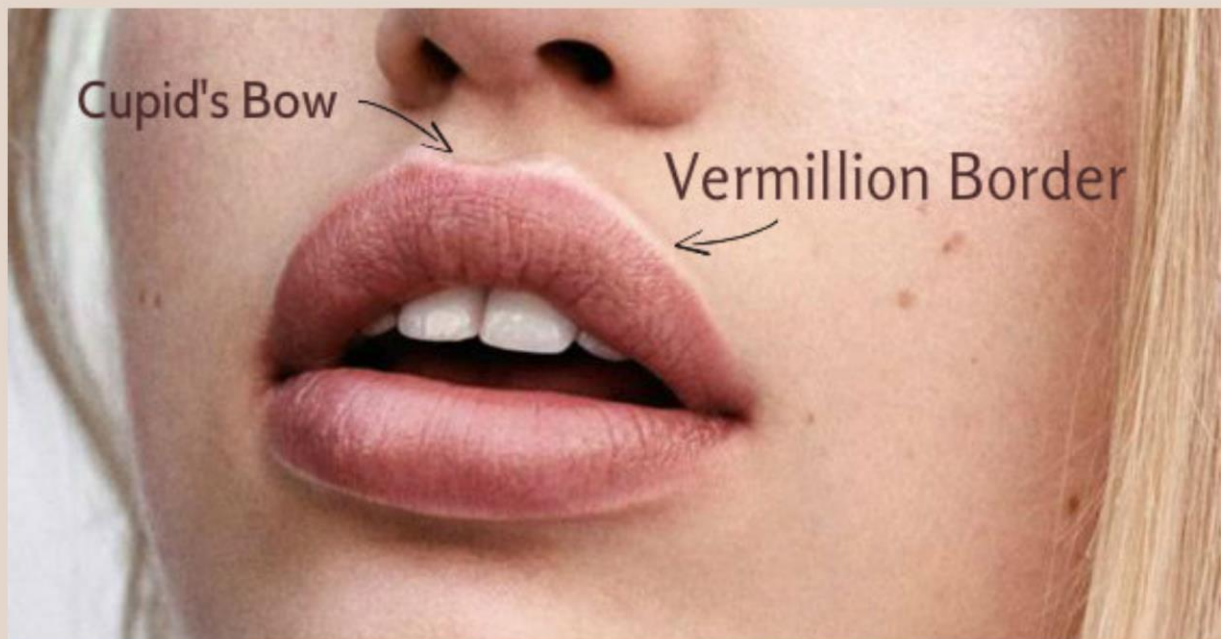
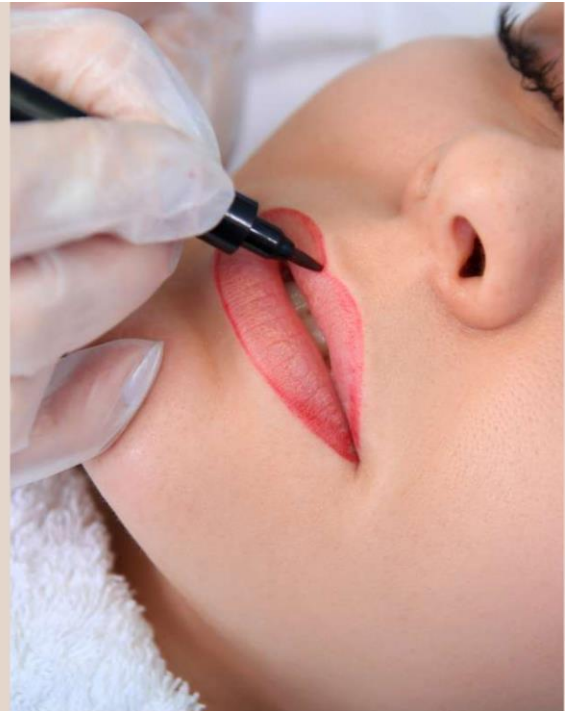
Each artist has a different technique for drawing and finding the perfect shape. It is important that you understand lip anatomy and how they are shaped to achieve symmetry. The outline should be smooth.

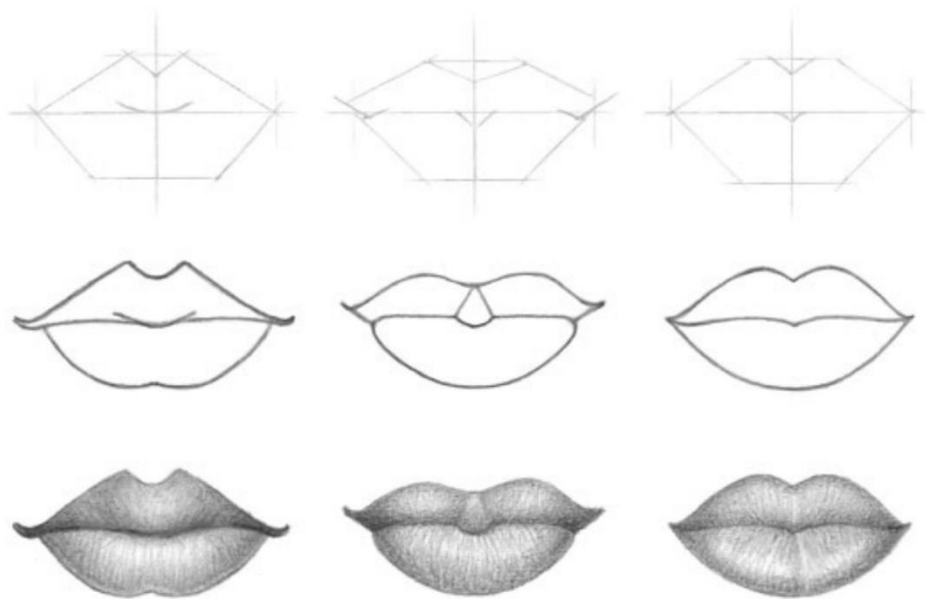
NOTE: You can not tattoo regular skin. Follow the clients natural lip shape. Use a red lip pencil to create the lip outline and reinforce the outline with a white cosmetic pencil (optional) Ask your client if they prefer a more rounded cupid's bow or more pointed.



THE OUTLINE

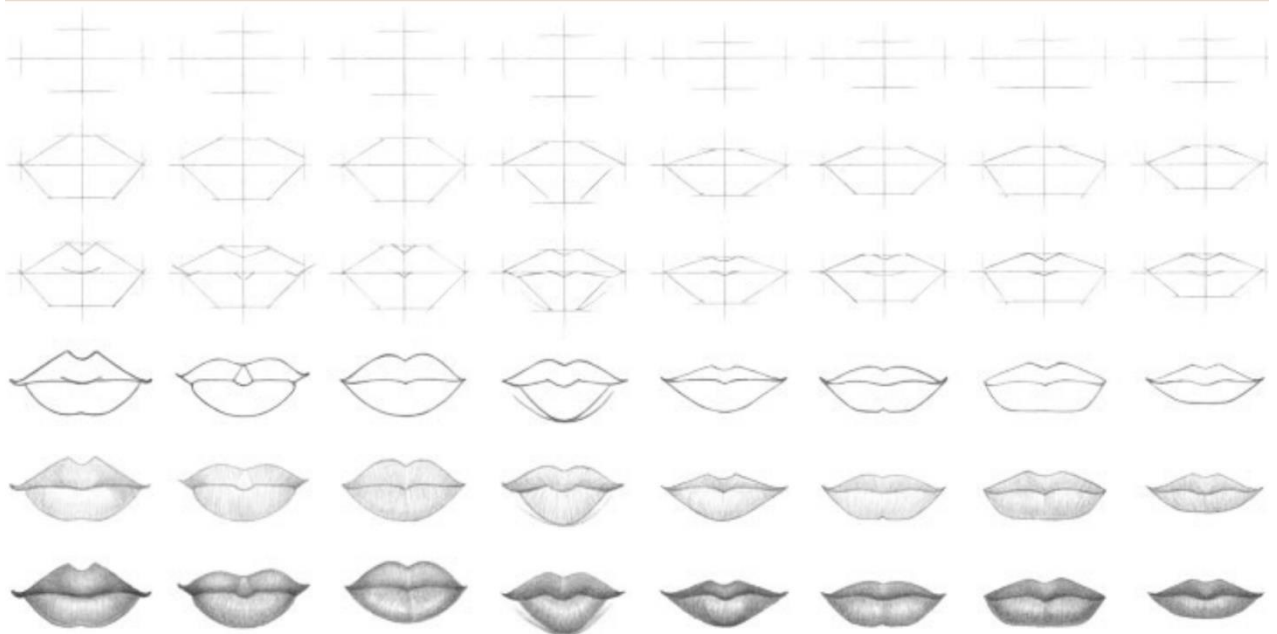
When a client wants to add shape to the bow or outside edge of the lip, you must not leave the vermillion border. This is the section between the lip and the hair follicle portion of the skin. Its best to keep within the natural lip line.





HOW TO DRAW LIPS

HOW TO DRAW LIPS

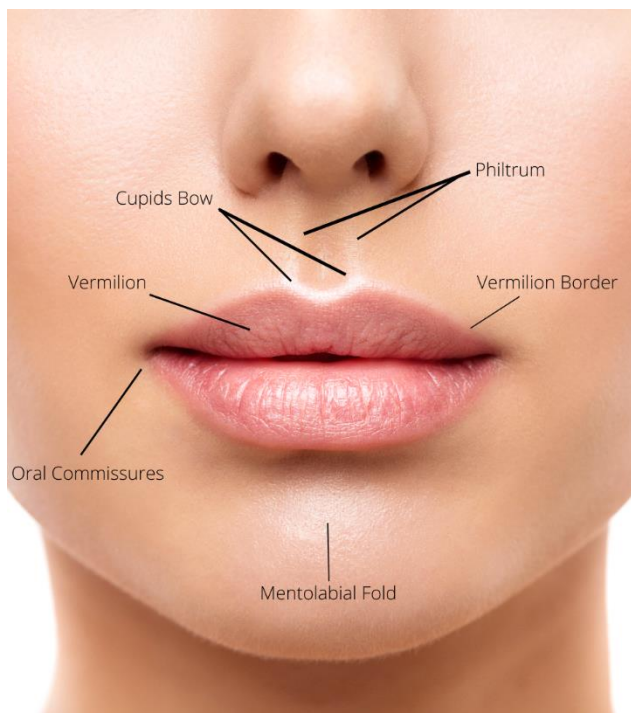


ALWAYS FOLLOW THE VERMILION BORDER

When drawing the lip outline shape, it is necessary to take the cupid's bow, and vermillion border into consideration. When a client wants to add shape to the bow or outside edge of the lip, you must not leave the vermillion border.

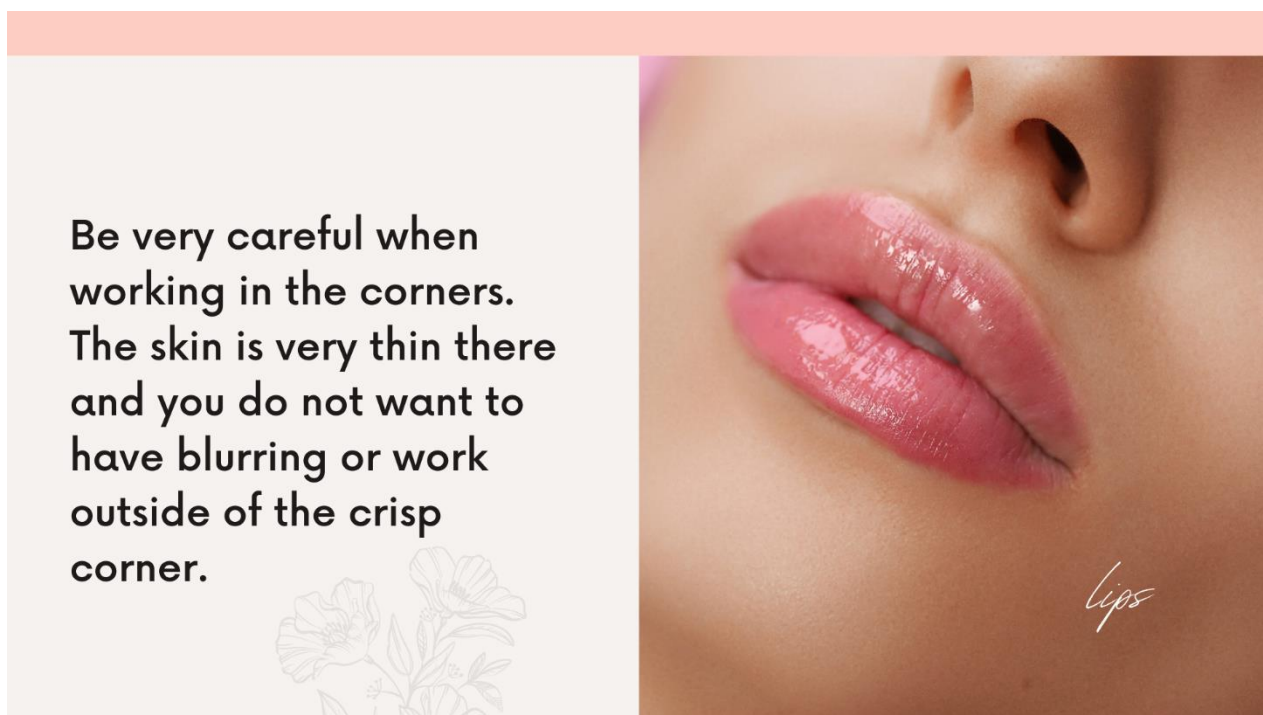
This is the section between the lip and the hair follicle portion of the skin. Its best to keep within the natural lip line.

If you do add anything outside the lip's vermillion border, never exceed 1mm! Some people have a large vermillion border, and some have little or no vermillion at all. Otherwise the clients skin will look stained.



When drawing and finding your peaks, always follow the Philtrum (the lines that come down from the nostrils) they should end at the peak giving you a defined shape. You should always have two mountains and a valley in the cupid's bow for definition.

Never fill the cupid's bow too much outside of a natural lip shape. The skin look can look stained



WORKSTATION SET UP

Setting your workstation prior to the procedure is an important step to ensure you have all the supplies you need on hand.

Use the check list below to make sure you didn't leave anything out!

SET UP TROLLEY AND EQUIPMENT



DISPOSABLE ITEMS

Dressing pack
Cotton pads
Cotton tips
Microfiber brushes
Alcohol wipes
Tissues
Disposable Gloves
Disposable Apron
Medical bed cover

BEAUTY ITEMS

Design Items (Pencils)
Beauty scissors
Sterile water bottle

TATTOO ITEMS

Cosmetic tattoo machine
Selection of needles
Anaesthetics
Selection of pigments

DRESSING YOUR TABLE



What is your client's first impression of the treatment room?

Is the massage bed clean, attractive and comfortable?

Most importantly is it hygienic ?

- Clean fresh towels for each client
- Keep towels in good condition
- Replace towels as soon as they become stained or damaged



Once you have everything on hand, you will need to wrap your machine with a disposable barrier sleeve for sanitary purposes. Use a piece of grip tape to wrap the sleeve onto the machine.

- Only the needle cartridge should be left unwrapped.
- Remember to adjust the needle length before wrapping the machine.
- Set the pigments and numbing agents in disposable cups. Soak small size gauze (5x5cm) in distilled water or use unscented baby wipes that contain no alcohol in it.
- **ONLY DISPOSABLE ITEMS SHOULD BE LEFT ON YOUR WORKSTATION.**
- Lastly, any equipment you will be touching should be covered with barrier tape to prevent cross contamination.

PRIOR TO SERVICE

Prior to all services, professionals must prepare themselves and their work place environment for the services they are scheduled to perform and deliver.

As a professional it's important to be prepared and organised prior to each client.

- ✓ Dress appropriately and professionally
- ✓ Personal hygiene
- ✓ Paper work ready and available (client forms)
- ✓ Treatment room

MATERIALS AND EQUIPMENT REQUIRED FOR LIPS

Quality Beauty Lamp - Switch on

Quality Magnifying Head-piece - clean glass and set aside.

Set up...

✓ Dressing pack	✓ Disposable Apron
✓ Cotton pads	✓ Medical bed cover
✓ Cotton tips	✓ Sterile water bottle
✓ Microfiber brushes	✓ Lip pencils
✓ Alcohol wipes	✓ Cosmetic tattooing hand tool
✓ Tissues	✓ Cosmetic tattooing Needles
✓ Disposable Gloves	✓ Anaesthetics
	✓ Selection of pigments

- ✓ Barrier wrap required on EVERYTHING than may be touched during procedure – including hand mirrors.
- ✓ General guide only. Please check with your local council for further regulations and guidelines.

N EEDLES

- The needle diameter ranges from 0.18mm - 0.3mm for Lip liner.
- 3R or 3F - 5R or 5F for shading .

OUTLINE

Generally either a R1 - 3R needles are recommended for lip lines and 5R or 5F for shading

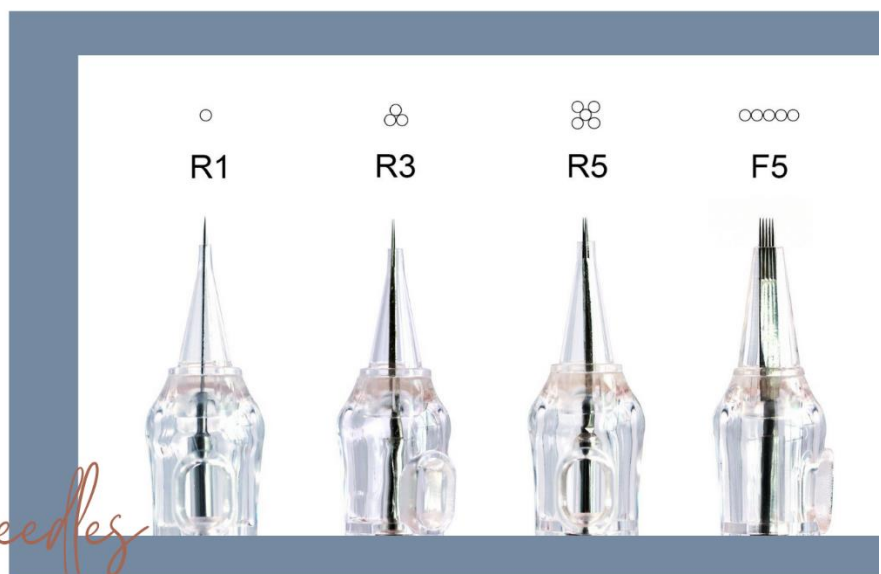
LIP BODY

Generally R5 to F5 to fill in the body of the lip.

Each needle company may vary the codes slightly for needles. Refer back to this page when needed.

Needle sizes for lips vary and each artist has preferences. Try many and find what works best for you.

The Needles



A NAESTHETICS

Anaesthetic Lip Patches

Anaesthetic lip patches are ideal for pre numbing, they need to remain on the lips and kept moist for 60 minutes.



Gel Relief

This effective anaesthetic is use DURING the lip tattoo process.

- Two minutes to activate.
- Active for three minutes.
- Reduces bleeding.
- Reduces swelling.

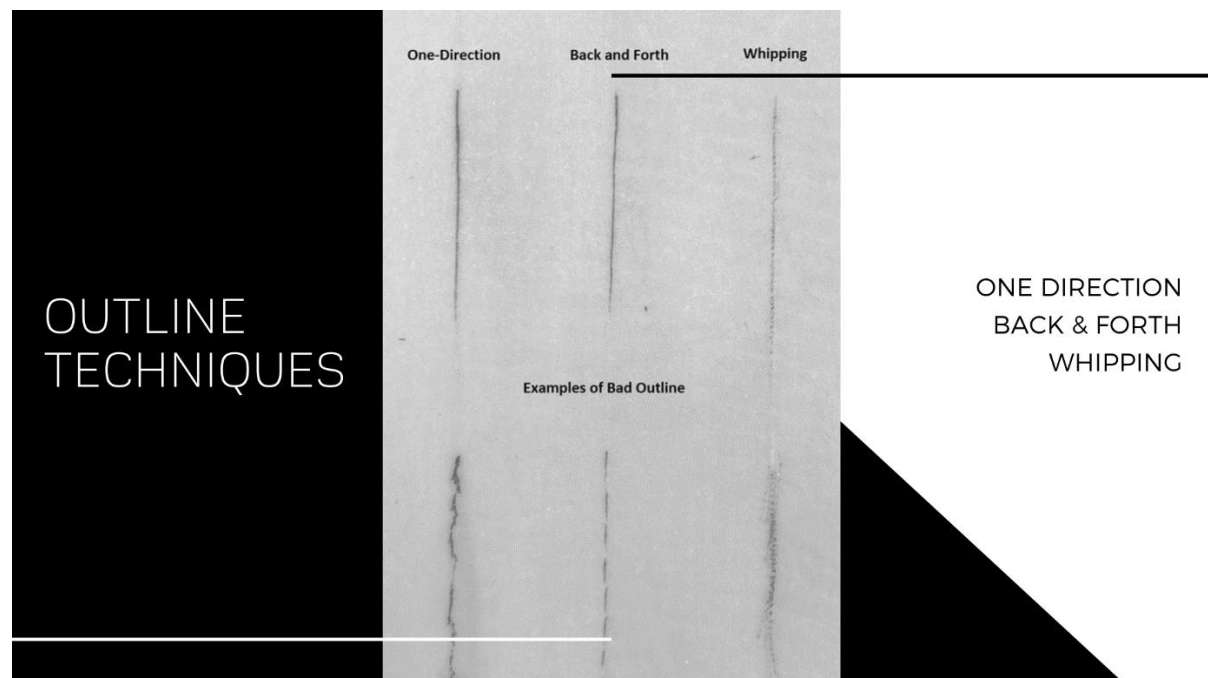
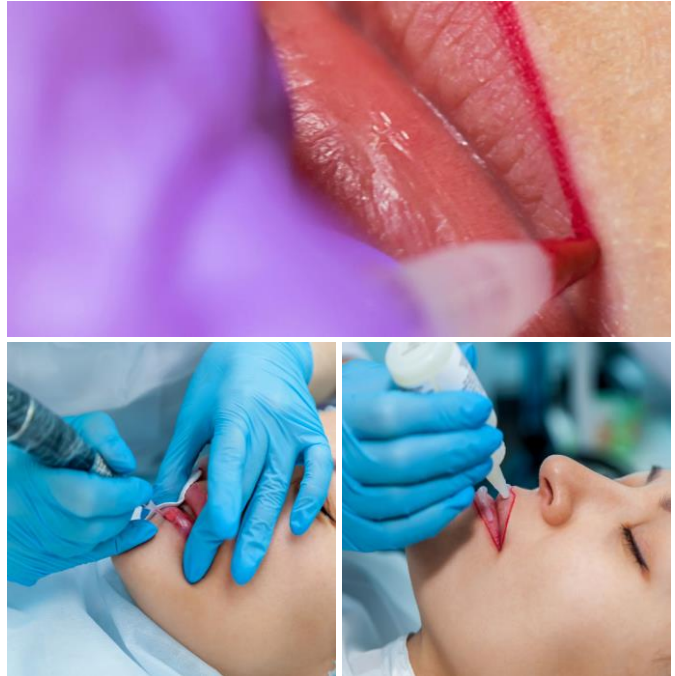


MACHINE TECHNIQUES

OUTLINING

The purpose of the outline is so that you don't lose the shape once you wipe off your lip design / mapping. It will ensure you shade within the shape you mapped out. There are 3 different types of outline technique.

1. One-Direction
2. Back and Forth
3. Whipping



3 DIFFERENT TYPES OF OUTLINE TECHNIQUES.



Outline Technique

The purpose of the outline is so that you do not lose the shape once you wipe off your brow mapping. It will ensure you shade within the shape you mapped out. There are 3 different types of outline technique.

1. One-Direction

- Used to create a defined outline.
- Your needle moves in one direction towards you.
- Use a short and slow movement.
- Reinforce the same line in each section 8 times.
- You are only grazing the tip of the needle onto the skin.

2. Back and Forth

- Used to create a defined outline.
- Your needle moves in both directions - back and forth.
- Use a short and slow movement.
- Reinforce the same line in each section 4 times.
- You are only grazing the tip of the needle onto the skin.

3. Whipping

- Used to create a softer outline.
- Your needle moves in one direction towards you or in both directions - back and forth.
- Use a slightly longer and faster movement.
- Reinforce the same line in each section about 2-4 times depending on the intensity of the outline.
- You are only grazing the tip of the needle onto the skin.

*If you are a beginner, we suggest you only move in one direction as you will have more control and stability. Gently graze the tip of the needle onto skin and reinforce the outline 8 times. Also, move in small increments. Your **movements should be short and slow**. A slower motion is a better way to ensure the pigment gets implanted into the skin.*

HOW TO CREATE THE OUTLINE

The outline should not look too harsh. Once the ideal shape has been drawn, have the client lie down and follow the steps below to tattoo the outline. You may choose any of the 3 outline techniques that you are most comfortable with.

1. Set the speed middle level depending on your device.
2. Use a 1-point needle with 0.3mm thickness. The needle length should be between 1.5 - 2mm long when you turn on your machine, also known as the "needle hang".
3. Start to create the outline by making a "V" at the point of the bow.
4. Wipe the "V" to double-check the depth and colour. If the line is visible, continue with the same pressure and depth for the entire shape. If the colour looks too light or too dark, adjust your pressure accordingly.
5. Work from the bow to the corners. You can also use whipping technique for a softer outline in the fronts along the main section of lips.

Final look of the outline

- The outline should be defined but extremely light.
- If the outline is visible to you, it is good enough.
- Do not make the outline TOO DARK. You do not want it to heal like an actual outline.
- The outline should be visible but not too dark so that you do not lose your shape once you finish brow mapping.
- The outline should blend in seamlessly with the shading once you complete the lips.



SHADING TECHNIQUES

There are 3 different shading techniques you can use when shading the lips.

1. **One Direction,**
2. **Pendulum** (Back & Forth),
3. **Pointillism.**

- Your shading should be even with *consistent movement and pressure*.
- Medium Speed
- Quick hand movement
- Exceptionally light handed.
- Very gentle

1. One-Direction Technique

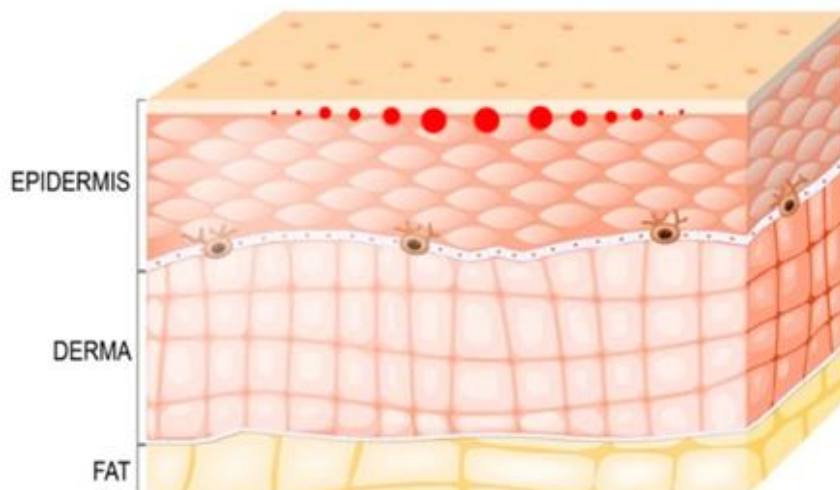
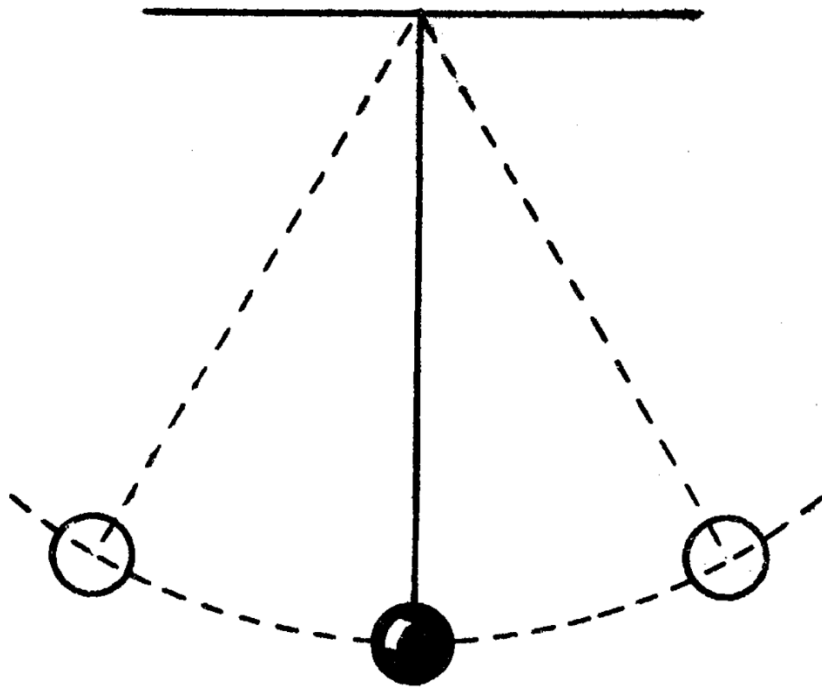
- Shade in one direction towards you or away from you.
- Shade in longer movements and faster compared to doing the outline.

2. Pendulum Technique

- Swing the machine back and forth in longer movements.
- Shade in both directions, faster than doing the outline.
- Try to imagine a pendulum swinging back and forth and try to swing the machine in the air first before you hit the skin. Your needle should only touch the skin when it hits the skin in the middle.

3. Pointillism Technique

- Hold the machine in a 90 degrees angle straight up and quickly touch the skin with the tip of the needle in up-down motion.



LIP COSMETIC TATTOOING PROCEDURE

CONSULTATION PROCESS

You will need to consult with your client what their expectations / or want from their lip cosmetic tattooing procedure.

- Colour
- Lip shape
- Process

Client forms are to complete, signed and dated. It is recommended that a before photo is taken prior to the procedure commencing.

Clean Lips & Apply Anesthetics...

Personal protective items are to be worn i.e.) facemask, gloves, hair net, apron

- Clean lips thoroughly with an exfoliant disposable make up wipe
- Wipe lips with disposable alcohol wipes
- Apply anesthetics (always follow the manufactures advice on wait times)

Design Lip Shape (outline)

Personal protective items are to be worn i.e.) facemask, gloves, hair net, apron

- After the anesthetics are completely activated – wipe off with alcohol wipes
- Using a lip pencil, advise client to sit up and create a lip out line
- Make any adjustments to the lip shape with the client. Once the client is happy with the lip outline shape you can commence the procedure

CREATE THE LIP LINE - COSMETIC TATTOOING

The lip outline may require 2 – 3 passes.

- Apply pigment to the needles and begin lip outline at the bow of the lips and slowly work towards the corner of the mouth. Regularly wipe and apply pigment to the needle.
- Repeat to the opposite side working from the bow of the lips and working slowly towards the corner of the mouth.
- Wipe and assess progress regularly. Use damp cotton pads to wipe lips throughout procedure.
- Apply pigment to the top lip outline and proceed to the bottom lip.
- Commence outline on bottom lip, starting outline at the center of the lip and slowly work towards the corner of the mouth.
- Repeat on the opposite side of the lip, working from the center of the lips and working slowly towards the corner of the mouth.
- Wipe and assess progress regularly. Use damp cotton pads to wipe lips throughout procedure.
- Apply pigment to the bottom lip outline and proceed to the bottom lip.

Please note: it is recommended anesthetics are used when necessary throughout the procedure and before commencing additional passes to ensure the client is as comfortable during the procedure

FILL LIP WITH COLOUR - COSMETIC TATTOOING

The lip fill may require up to 3 passes.

TOP LIP

Pass one – Top lip step one.

- Apply pigment to the needles, and begin lip fill at the bow of the lips and slowly work towards the corner of the mouth. Hold the needle on a 45-degree angle and in sweeping back and forth motion (left and right / horizontal) work from the center of the lips working slowly toward the corner of the mouth Regularly wipe and apply pigment to the needle.
- Wipe lip with damp cotton pad and apply gel relief for two minutes (if required)

Pass one – Top lip step two.

- Apply pigment to the needles, and begin lip fill at the bow of the lips and slowly work towards the corner of the mouth. Hold the needle on a 45-degree and in sweeping back and forth motion (top to bottom / vertical) work from the center of the lips working slowly toward the corner of the mouth Regularly wipe and apply pigment to the needle.
- Clean any pigment that may have seeped into the client's mouth.
- Apply pigment across top lip and proceed to commence first pass on bottom lip.

BOTTOM LIP

Pass one – Bottom lip step one.

- Apply pigment to the needles, and begin lip fill at the center of the bottom lip and slowly work towards the corner of the mouth.
- Start on the outline previously created, working towards the inside.
- Hold the needle on a 45-degree and in sweeping back and forth motion (left and right / horizontal) work from the center of the lips working slowly toward the corner of the mouth Regularly wipe and apply pigment to the needle.
- Wipe lip with damp cotton pad and apply gel relief for two minutes (if required)

Pass one – Top lip step two

- Apply pigment to the needles, and begin lip fill at the bow of the lips and slowly work towards the corner of the mouth. Hold the needle on a 45-degree and in sweeping back and forth motion (top to bottom / vertical) work from the center of the lips working slowly toward the corner of the mouth Regularly wipe and apply pigment to the needle.
- Clean any pigment that may have seeped into the client's mouth.
- Apply pigment across top lip and proceed to commence first pass on bottom lip.

Repeat passes until desired results are achieved. No more than 3 passes are recommended.



FOLLOW UP

After most cosmetic tattooing/micropigmentation treatments, a follow-up session is usually required. This treatment can take from 10 minutes to one hour depending on the work to be done. Before re-touching the area, you should carefully assess and evaluate the results based on the client's needs and the original intended outcome.

You should check that the:

- Shape is correct and even.
- Colour and tone are what the client wants.
- Coverage of colour on the area treated is applied evenly.
- The client is satisfied with the result.

LIP COSMETIC TATTOOING TOUCH UP PROCEDURE

CONSULTATION PROCESS

You will need to consult with your client if there is any particular adjustments they would like to make.

- Colour
- Lip shape

Client forms are to be completed, signed and dated. It is recommended that a before photo is taken prior to the procedure commencing.

Clean Lips & Apply Anaesthetics...

Personal protective items are to be worn i.e.) facemask, gloves, hair net, apron

- Clean lips thoroughly with an exfoliant disposable make up wipe
- Wipe lips with disposable alcohol wipes
- Apply anaesthetics (always follow the manufacturer's advice on wait times)

Design Lip Shape (outline)

Personal protective items are to be worn i.e.) facemask, gloves, hair net, apron.

- After the anaesthetics are completely activated – wipe off with alcohol wipes.
- Using a lip pencil, advise client to sit up and create a lip outline.
- Make any adjustments to the lip shape with the client. Once the client is happy with the lip outline shape you can commence the procedure

CREATE THE LIP LINE - COSMETIC TATTOOING

The lip outline may require 2 – 3 passes.

- Apply pigment to the needles and begin lip outline at the bow of the lips and slowly work towards the corner of the mouth. Regularly wipe and apply pigment to the needle.
- Repeat to the opposite side working from the bow of the lips and working slowly towards the corner of the mouth.
- Wipe and assess progress regularly. Use damp cotton pads to wipe lips throughout procedure.
- Apply pigment to the top lip outline and proceed to the bottom lip.
- Commence outline on bottom lip, starting outline at the center of the lip and slowly work towards the corner of the month.
- Repeat on the opposite side of the lip, working from the center of the lips and working slowly towards the corner of the mouth.
- Wipe and assess progress regularly. Use damp cotton pads to wipe lips throughout procedure.
- Apply pigment to the bottom lip outline and proceed to the bottom lip.

Please note; it is recommended anaesthetics are used when necessary throughout the procedure and before commencing additional passes to ensure the client is as comfortable during the procedure



FILL LIP WITH COLOUR - COSMETIC TATTOOING

The lip fill may require up to 3 passes

TOP LIP

Pass one – Top lip step one

- Apply pigment to the needles, and begin lip fill at the bow of the lips and slowly work towards the corner of the mouth. Hold the needle on a 45-degree angle and in sweeping back and forth motion (left and right / horizontal) work from the centre of the lips working slowly toward the corner of the mouth Regularly wipe and apply pigment to the needle.
- Wipe lip with damp cotton pad and apply gel relief for two minutes (if required)

Pass one – Top lip step two

- Apply pigment to the needles, and begin lip fill at the bow of the lips and slowly work towards the corner of the mouth. Hold the needle on a 45-degree and in sweeping back and forth motion (top to bottom / vertical) work from the centre of the lips working slowly toward the corner of the mouth Regularly wipe and apply pigment to the needle.
- Clean any pigment that may have seeped into the clients mouth
- Apply pigment across top lip and proceed to commence first pass on bottom lip.

BOTTOM LIP

Pass one – Bottom lip step one

- Apply pigment to the needles, and begin lip fill at the centre of the bottom lip and slowly work towards the corner of the mouth.
- Start on the outline previously created, working towards the inside
- Hold the needle on a 45-degree and in sweeping back and forth motion (left and right / horizontal) work from the centre of the lips working slowly toward the corner of the mouth Regularly wipe and apply pigment to the needle.
- Wipe lip with damp cotton pad pad and apply gel relief for two minutes (if required)

Pass one – Top lip step two

- Apply pigment to the needles, and begin lip fill at the bow of the lips and slowly work towards the corner of the mouth. Hold the needle on a 45-degree and in sweeping back and forth motion (top to bottom / vertical) work from the centre of the lips working slowly toward the corner of the mouth Regularly wipe and apply pigment to the needle.
- Clean any pigment that may have seeped into the clients mouth
- Apply pigment across top lip and proceed to commence first pass on bottom lip.

Repeat passes until desired results are achieved

AFTERCARE

How to look after your cosmetic tattoo

Immediately after a cosmetic tattooing procedure the area treated will look about 50% darker than the final results. This is temporary, the colour will lighten and soften over 14 days. It is normal for the area to feel slightly tender or dry.

Lip Care

Expect the lip to be slightly tender 1-3 days. Swelling is minimal and with most clients it will subside within 24 hours. Cold pads can be applied to minimise swelling. Do not use any lipsticks for 14 days.

Do's and Don'ts

- Skin topical that contain acids or retinol may lighten the colour prematurely with continuous use.
- Don't sit in a heated spa, sauna or steam room 2 weeks. Steam will open pores and may make the colour bleed out.

Caring for New Lips.

- Avoid washing the area in the first 24 hours;
- Avoid any exfoliants during the healing process (14 days)
- Avoid swimming pools, the beach, steam rooms and saunas during the healing process (14 days)
- Apply after-care products recommended by Institute of Ink (Institute of Ink lip soothing oil).

On the First Day...

- Apply Oil every two hours. Refresh lip oil by wiping lip oil off, then wipe over with clean damp cotton pad and apply fresh application lip oil. ***Repeat this every 2 hours;***
- Bath or shower as normal — NO SOAP or CLEANSERS on the treated area for one day, as they can be detrimental to the bonding process that must take place for the pigment to stabilize in your skin;
- Cold compresses or ice packs will help bring the swelling down (if evident). Don't use ice if lips are still numb.

Daily Care to Follow For 7 Days...

- Apply vitamin oil to 5 times a day for the first 7 days. Refresh lip oil by wiping lip oil off, then wipe over with clean damp cotton pad and apply fresh application lip oil.
- Keep your hands away from your lips to prevent the possibility of infection.
- Some itching is normal. DO NOT PICK, PEEL OR RUB your lips as the colour may heal unevenly and you could risk infection which could lead to scarring. Allow the colour to flake away by itself.
- Do not receive skincare beauty treatments for 5 days after the application.
- No make-up or regular creams should be applied close to your lips for 14 days.
- If your client is prone to cold sores – apply cold sore cream for 7 days. We recommend that in addition your client takes cold sore preventive supplements as an additional precaution.

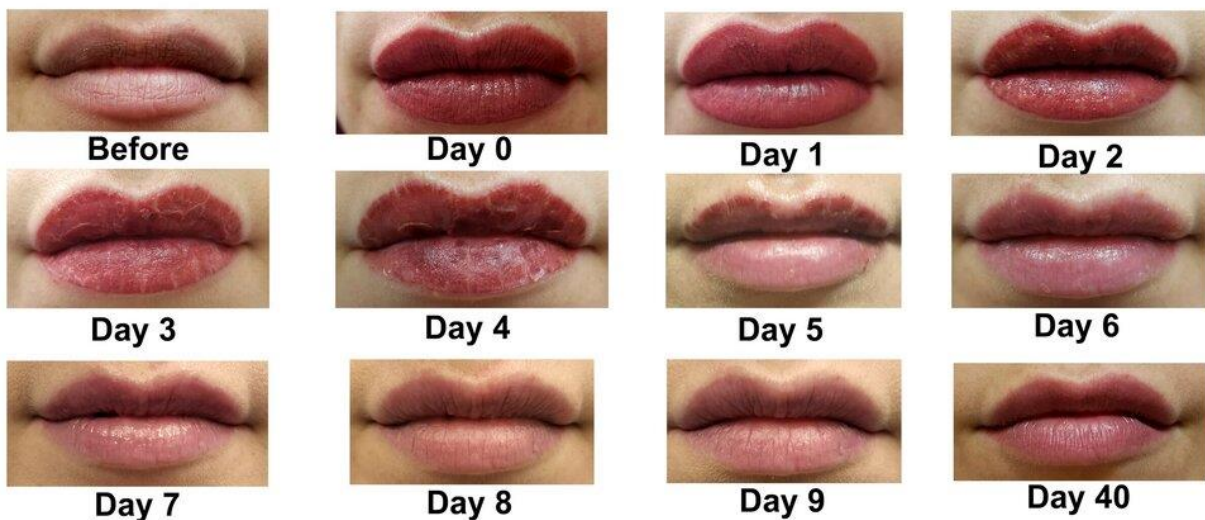
Avoid for 2 weeks...

- Do not expose your lips to direct sun, tanning treatments, spas, salt water, chlorinated pools, and direct shower spray - Steam will open pores and may make the colour bleed out.
- Do not receive lip waxing, electrolysis, or laser hair removal close to the lip area.

Long Term Care...

- Use a lip balm that contains good sunscreen lotion/cream. Sun exposure will fade your lip tattoo.
- If you are planning a chemical peel, laser procedure or an MRI scan, please inform the technician of your permanent cosmetics;
- Please inform the National Blood Service if you donate blood, as you may not be eligible to give blood for a year post application.

LIP HEALING PHASE



Important Notes...

- Remember, colour will be stronger and more sharply defined for up to 14 days after application but as the healing process occurs the colour will soften and lighten;
- The approximate healing period is 14 days, however healing can be prolonged if your immune system is compromised, if you are generally stressed and/or have a poor diet;
- Keep in mind that in many cases, some unevenness of colour is to be expected in some cases up to 60 %. Therefore, the re-touch visit allowing us to fine tune your enhancement is an important part of the whole process;
- The area where the tattoo has been applied must be kept moist for successful healing and to avoid scabbing;
- Scabbing will result in excessive loss of pigment;
- Skin can take anywhere from 21 to 36 days to repair itself using the recommended Institute of Ink lip oil;
- NO Make-Up is to be applied to lips for at least 14 days;
- NO picking at any scaling that may occur — let the scales fall off naturally — picking could cause scarring;
- Exposure to Sun, Salt Chlorine & Chemicals. Exposure to the sun over time can cause fading and colour change;
- Salt or chlorinated water can cause a bleaching effect – it is recommended the tattoo be covered with Vaseline;
- Chemicals of any kind could interfere with the healing and the colour;
- Glycolic Acid and face peel products must be kept completely away from the Tattoo as continued use could lighten colours.

TROUBLE SHOOTING

ISSUE 1) Colour is uneven.

Solution: Keep pressure consistent throughout the process and ensure aftercare was followed and recommended aftercare products were followed.

ISSUE 2) Colour is healed purplish

Solution: When clients have dark skin (cool undertones) they require orange in the pigment and a orange based pigment. Do 1-2 passes in orange and readjust pigment selection to an orange based pigment.

ISSUE 3) Colour is not noticeable.

Solution: Choose a brighter colour or more sessions required. Lighter colours may require more sessions to be noticeable.

ISSUE 3) Uneven shape

Solution: Outlines MUST be taken slowly, going to fast often results on unevenness in outlines. Ensure that when the touch up is being undertaken that you slow down when doing the lip line. Also it is important to note that lips are not symmetrical and you cannot tattoo normal skin, therefore some unevenness is realistic with overall outcomes.