



Before

LIP COSMETIC

TATTOO

1. General Preparation (7 Days Before)

- **Avoid Blood Thinners:** Refrain from taking blood-thinning medications such as aspirin, ibuprofen, or supplements like fish oil, Vitamin E, or Niacin. If you are prescribed blood-thinning medications, please consult your physician before discontinuing.
- **No Alcohol or Caffeine:** Avoid alcohol and caffeine at least 24 hours before the appointment, as these can increase blood flow and sensitivity.
- **Lip Hydration:** Keep your lips well-moisturized in the days leading up to your appointment. Use a high-quality lip balm to maintain hydration.
- **Cold Sores:** If you are prone to cold sores, it is strongly recommended to take an anti-viral medication like Valtrex starting 2 days prior to your appointment and continuing for 3-5 days after the procedure. Consult your doctor for the proper prescription and dosage.

2. Lip Exfoliation (3 Days Before)

- **Gently Exfoliate:** Lightly exfoliate your lips using a gentle lip scrub or a soft toothbrush 2-3 days before your treatment. This helps to remove dead skin cells, ensuring a smoother canvas for the tattoo.

3. Avoid Certain Treatments

- **No Botox or Fillers:** Do not get any lip filler or Botox treatment at least 2 weeks before your appointment. This is to ensure the lips are in a natural, settled state for accurate tattooing.
- **Avoid Tanning:** Avoid sun exposure and tanning beds for at least 7 days before your appointment. Sunburned lips can lead to complications in the tattooing process.

4. Health Considerations

- **Medications and Conditions:** If you have any medical conditions, allergies, or are currently on any medications, inform your technician ahead of time. This information is crucial to ensure a safe and successful procedure.
- **Stay Hydrated:** Drink plenty of water in the days leading up to your procedure to keep your skin well-hydrated.

5. On the Day of the Procedure

- **Clean Lips:** Make sure your lips are clean and free from any makeup, lip balm, or lotions when arriving for your appointment.
- **Eat a Light Meal:** Have a light meal before your appointment. Lip tattooing can take a couple of hours, and having food beforehand will help keep you comfortable.