



DAY 1

Expect swelling, redness and tenderness in the treated area. This will subside within 24-48 hours. May apply ice and the lip mask given (after refrigerating for 15-20 min) to help with swelling. Shape may appear uneven due to swelling.

Right before bed, lightly wash lips with clean hands and gently pat dry.

DAY 2-4

Lips may still be swollen. Apply ointment as needed to keep lips moist at all times. Do not let the lips dry out. Gently wash morning and night with clean hands.

DAY 3-6

Lips will start to crust and flake off. DO NOT SCRATCH, RUB OR PICK LIPS. Continue to apply ointment, do not let the lips dry out. Gently wash morning and night.

DAY 5-7

Scabs should be fully peeled and flaked off. It is common for the lips to appear extra light. Color will resurface week 2-6.

Important Reminders

- The key is to protect the wound and aid the healing with moisture. Keeps lips moisturized at all times until peeling is done. (If you experience swelling, rashes, or other complications post procedure, discontinue ointment. You may be allergic to the ointment.)
- Rinse mouth with cool water after eating and reapply ointment.
- No lipstick or lipgloss during healing to prevent infection. You may apply makeup once lips finish peeling.
- Avoid Retin A, Glycolic Acids, Vitamin E, Vitamin C (anything that promotes accelerated healing and cell turnover) during healing.
- Until scabs are fully peeled off, avoid: excessive sweating, saunas, pools, sunbathing, spicy food, salty food, teeth bleaching toothpaste, wine and acidic food.
- After peeling is fully done, you are free to resume all activities.

*After 8 weeks, If you feel that your lips need a touch up please text me at 808-201-4012.