



DAY OF YOUR APPOINTMENT

The appointment is divided into three parts: consultation/pre numbing, lip mapping, and the actual tattoo procedure. During the consultation, you would be able to decide exactly what lip color and minor changes to your lip shape. PLEASE NOTE: we will not be able to change your lip shape drastically to fix major asymmetry, as we cannot tattoo on facial skin. Facial skin and lip skin are very different and will take color very differently. You may bring in your favorite lipstick shade if you would like me to match that shade. I will map your lips based on your natural lip contours before starting the tattoo procedure. We would not start the procedure until you are 100% happy with the shape and color.

PRIOR TO YOUR APPOINTMENT:

- Exfoliate daily for 7 days with a sugar scrub and keep lips well moisturized. Dry spots on lips will snag the needle. You can make a sugar scrub at home by mixing sugar with a few drops of coconut oil. Use moisturizer/chapstick often in the days prior to your appointment to maintain smooth texture.
- If you're concerned about bruising or generally bruise easily, you can start homeopathic Arnica. Two Arnica tablets can be taken 3x a day or 5 days. You can start the day before and continue for 5 days following treatment. (Topical Arnica is not recommended)
- To ensure pain tolerance and reduce bleeding: Try not to schedule appt during menstrual cycle, as it heightens pain. If Desired, Tylenol may be taken prior to procedure. Aspirin and Ibuprofen are blood thinners, therefore should be avoided.
- NO blood thinner medications: Advil, Aspirin, Motrin, Ibuprofen, Niacin, Excedrin, Aleve 7 days prior and 1 day after. (Please Note: Coumadin and Plavix have blood thinning effects but is not recommended to discontinue due to their medical necessity. Please consult with your physicians before discountinuing any medications for any chronic conditions.)
- NO supplementents with blood thinning effects: fish oil, dong quai, ginkgo, biloba, ginseng, red clover, and vitamin E for 7 days prior.
- Absolutely *NO ALCOHOL OR COFFEE* 24 hours prior. They will increase your chances of bruising and bleeding.
- Clients who have had a cold sore in the past must be proactive to prevent a possible flare up post procedure. Please consult with your physician prior to appointment. (Many clients have avoided a cold sore post procedure by taking Valtrex or L-lysine.)
- If your skin around the area we are working on is comprised: break out, rash, inflamed, bruised, sunburned; unfortunantely we will have to reschedule. Please contact me prior to appointment to reschedule.
- Avoid chemical peels, Retin-A, retinols at least 4 weeks prior and after.
- Those taking accutane, antasure, and steroids must be off for a minimum of 6 months prior to treatment.
- If you intend on getting any botox or fillers around the treated area, please do so at least 2 weeks before. Fillers will actually help aid in the procedure.
- Formy survivors, you must be in a remission for at least 6 months prior to receiving any tattoo services,