

LIP PRECARE INSTRUCTIONS

The week before your appointment:

- Avoid alcohol, excessive caffeine, lip sticks, and extreme sun exposure.
- Drink a minimum of 8 (8 oz) glasses of water daily.
- Vitamin E or A & D should be applied throughout the day.
- After showering/ washing your face in the evening, gently scrub your lips using a lip scrub, especially the middle, and apply a layer of Vitamin D or A & D.
- Please do not take blood thinner such as ibuprofen & aspirin 24 hours before.
- Tylenol can be taken 30 minutes before your treatment.
- No retinol products in the area of the treatment

LIP SCRUB

Combine 1 tbsp of
brown sugar, honey, olive oil.

Apply in a circular motion on lips for 5-10 minutes to eliminate chapping.

Repeat daily up to 3 days before your appointment.

Skin should not be dry, chapped, or irritated on the day of the appointment.

Dahl House Co. reserves the right to cancel your appointment if your lips are not in optimal condition for the treatment.



LIP PRECARE INSTRUCTIONS

PLEASE NOTE:

- You may swell, please ensure you have nothing important for 1-2 days following your appointment (varies per person)
- Do not tan or come with a sunburned face
- Don't consume caffeinated products 24 hours before the procedure.
- Do not consume alcohol 5 days before your procedure and 3 days after.
- Do not take aspirin, niacin, Vit E, or ibuprofen 72 hours before the procedure.
- Avoid chemical peels & laser treatments 2 months before your appointment.
- No fillers/injections within 6-8 weeks of your appointment.
- For clients with ANY history of cold sores, please contact your physician for an antiviral, take it the day before, day off, and day after your appointment. If you experience frequent outbreaks please note lip blush can only be done 4 weeks after your outbreak. The antiviral does not guarantee you won't have an outbreak but it will reduce the chances.
- All other questions or concerns should be discussed with a healthcare physician.
- It is very important to follow this pre-care, failure to do so will result in a cancellation of your appointment.

A circular logo with a white border containing the text "DH" on the top line and "CO." on the bottom line in a bold, sans-serif font.

DH
CO.