

LIP PRE-CARE:

To ensure you're a good candidate and to protect your results, please read the following instructions carefully before booking. Failure to follow these steps may result in cancellation or loss of your deposit.

8 weeks before:

- Avoid chemical or laser peels in or near the treatment area.
- Do not schedule facial laser resurfacing or intense skin treatments.

6 weeks before:

- No Botox, filler, or any cosmetic injections in or near the treatment area.
- Discontinue use of Retin-A, tretinoin, or high-strength retinol.

4 weeks before:

- Stop using chemical exfoliants such as AHAs, BHAs, glycolic acid, salicylic acid, acne treatments, or brightening products near the area.
- Discontinue use of oral or topical antibiotics.

2 weeks before:

- Avoid tanning or sunburn.
- Avoid scheduling other facial services
- Avoid dermaplaning or microdermabrasion near the treatment area.
- Stop using active skincare or heavy eye creams around the area.

1 week before:

- Stop taking fish oil, Omega-3s, Vitamin E, and herbal supplements.
- Drink a minimum of 8 full glasses of water per day to stay hydrated.
- Begin gentle exfoliation with a sugar scrub.
- Start hydrating lips daily with Aquaphor, Vitamin E, or A&D ointment. (The more hydrated your lips are, the better your pigment retention and healing will be.)

48 hours before:

- Avoid alcohol, energy drinks, pre-workout, aspirin, ibuprofen, niacin, blood thinners, painkillers, and facial scrubs.

24 hours before:

- Avoid caffeine (coffee, tea, energy drinks).
- Eat a full meal and arrive well-hydrated.
- Avoid salty, spicy, or acidic foods.
- If you've EVER had a cold sore: Begin antiviral medication 1 week before your appointment, continue through the day of and 1 week after your appointment.
- If you are prone to outbreaks, wait at least 4 weeks after your last outbreak before booking.

If you are taking blood-thinning medication that cannot be paused, a doctor's note clearing you for the procedure will be required. If you have an active breakout in the brow area, please reschedule immediately.

Preparing for Your Appointment:

Before your appointment, I encourage you to take some time to look through my portfolio on social media or at dahlhouseco.com to get familiar with my style and the soft, natural results I specialize in. While I'll help guide you during the appointment and use your submitted photos to show what's possible, having a general idea of what you're drawn to helps us collaborate more efficiently.

You're welcome to bring lip colors you love or wear a lip product you feel most confident in—this helps guide pigment tone. Keep in mind that your first session is our starting point. We'll build a solid foundation and have the ability to fine-tune and adjust at your touch-up. That follow-up appointment will be scheduled the day of your initial session. You'll receive your full aftercare instructions and a take-home kit at your appointment.