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ForeverLaBellePermanentCosmetics.com

## POST-TREATMENT INSTRUCTIONS FOR LIPS

It will take approximately 30 days for your lips to completely heal.  
Until your lips are completely healed they will go through changes in color.

### **BE PATIENT WITH THE PROCESS**

Right after your lips are done they will feel like you have a “fire torch” on them. This will subside but until then **ICE! ICE! ICE!**

- Every 2-4 hours for the first 24 hours gently pat or wipe the dried blood and serous fluid off your lip area with wet cotton balls.
- Keep a very thin layer of vaseline on your lips and reapply as often as they feel dry until the initial healing is done. This may take 7-10 days. **Keep them moist and do not let them dry out!**
- Do not use any make-up on or near your lips until the initial healing is done.
- For any initial swelling, you can use crushed ice or frozen peas in a ziplock bag. Make sure you wrap with a soft paper towel or tissue. Apply to lips for 20 minutes on/off as often as you want during your first 24 hours. Do not leave on longer than 20 minutes at a time.
- Eat soft food and use a straw for your first few days. No hot or spicy foods.
- No kissing or sexual contact with your lips until initial healing is complete.
- Some clients have chosen to use Ibuprofen or Tylenol for mild discomfort and Arnica Montana for bruising and swelling. Please check with your doctor before taking ANY medications over-the-counter or prescription.

**Please contact your doctor immediately if you have prolonged pain and redness around your eyes and begin running a fever greater than 101 degrees.**