



Lip Tattoo Aftercare

Following your aftercare is vital to achieve the best results. If during the healing process you have any questions or concerns, do not hesitate to contact me. Lip tattooing is a multiple-session treatment (typically two sessions are needed).

Normal Symptoms (first 4 days)

- Swelling, redness, and tenderness.
- Dry, flaking skin as the lips heal.

DOs

- Clean the lips daily with the solution in your kit. Damp cotton pads or water wipes are also suitable for gentle cleansing.
- Cold packs can be applied to the lips to reduce swelling and sensitivity.
- Apply a thin, light layer of healing balm regularly using a cotton bud. Use a new bud each time to prevent cross-contamination.
- Drink through a straw for the first 2 days.

DON'Ts

- Do not pick, peel, or touch the lips as this may cause uneven healing and increase the risk of infection.
- Do not kiss anyone for 5 days.
- Do not apply any make-up on the lips for 1 week.
- Do not apply too much balm. Thick layers can cause build-up on the lips — less is more.
- Do not submerge the lips in water for 1 week.
- Do not wear a face mask for long periods of time during early healing.
- Do not receive skincare or beauty treatments for 5 days.
- Do not receive waxing, electrolysis, or laser hair removal treatments close to the lip region for 2 weeks.

- Do not expose your lips to direct sun, tanning treatments, jacuzzis, saunas, salt water, chlorinated pools, or direct shower spray.
- Do not use lip plumping products for 2 weeks.
- Do not receive lip filler or injections in the lips for 4 weeks.

Cold Sore Precautions

If you suffer with cold sores currently or have experienced them in the past, use an anti-herpes medication topically (such as Zovirax) five times a day for one week. Acyclovir tablets may also be prescribed to prevent an outbreak — follow prescription instructions. If an outbreak occurs, it is usually around the third day of healing. Stop using the healing balm and continue with cold sore cream only.

Healing Timeline

- Day 1–2: The colour will appear darker.
- Day 2–5: The lips may become itchy and flakes of colour may come away from the skin. This may occur in patches and is completely normal.
- Once the flakes have shed, the pigment may appear lighter. The chosen pigment will blossom during the 4-week healing period.
- 2 weeks: The true colour becomes visible and the external skin has healed.
- 4 weeks: The internal skin has healed.

Keep in mind that some unevenness of colour can be expected during healing. This is the purpose of the second session, where any adjustments can be made.

Long-Term Care

- Use a high-quality sunscreen. Sun exposure will fade your lip tattoo. SPF 50 is recommended.
- If you are planning a chemical peel, laser procedure, or MRI scan, please inform the practitioner. Pigments used may contain iron oxides, titanium dioxide, and carbon.
- If you donate blood, inform the National Blood Service, as you may not be eligible to donate for 4 months after the treatment.

Infection Control

Proper care of your lips is essential during the healing process. Follow the above instructions carefully to prevent infection. The treatment is performed using sterile, single-use disposable equipment, and the treatment area is sanitised after every client to maintain the highest standards of hygiene.

If you experience symptoms of infection such as yellow discharge from the treated area, contact your GP immediately as antibiotics may be required.