



Pre-Care Instructions

It is very important that you follow these Pre-Care instructions to achieve beautiful healed results. I will do my part, but you must do yours too!

PLEASE READ ALL PRE-CARE

24 hours prior to appointment, NO:

- Caffeine
- Alcohol
- Ibuprofen
- Aspirin
- Painkillers

****These all act as blood thinners, causing more bleeding, leading to dilution of the pigment, poor retention, multiple touch ups, and a poor healed result.*

3 weeks prior to appointment NO:

- Fish oil supplements
- Retinols
- Vitamin c serums
- Hyaluronic acid
- Chemical peels
- Laser treatments
- Glycolic acid
- Salicylic acid
- Botox/Neurotoxins
- Dermal Fillers

****If you take a daily blood thinning medication for medical purposes, consult your physician for approval prior to stopping.*

FOR LIP BLUSH CLIENTS ONLY

LIP FILLERS:

Fillers must be done at least 3 weeks prior to appointment & must wait at least 6 weeks after treatment

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COLD SORES:

If you have or have ever had cold sores—even just once—you **MUST** take an anti-viral medication, such as Valtrex, 2-3 days prior to appointment & 3-5 days after procedure. This is **VERY** important since the herpes virus lies dormant in the body and any trauma or injury done to the lip tissue can trigger the virus to create a cold sore outbreak. Lip Blushing does not cause cold sores, but the trauma of the lip blushing process can trigger the virus to create clusters of cold sores.

***Permanent Makeup Artists cannot prescribe anti-viral medication. All anti-viral medication **MUST** be prescribed by your physician so please plan ahead!

7 days prior to appointment:

Exfoliate lips with sugar scrub or gentle lip scrub of choice AM & PM. Apply hydrating lip balm 2-3 times daily. The more hydrated & healthy the lip tissue, the better the finished result will be. Clients with very chapped lips will not be able to have the service done due to poor pigment implantation and uneven lip condition. Clients are responsible for all pre-care!

24 hours prior to appointment:

Drink plenty of water to maintain hydration as dehydrated lips will not hold pigment. These steps are crucial & directly affect the finished result. Protect your investment and please do your part in adhering to all pre-care.

If you have any questions about certain products you are using, please do not hesitate to reach out and ask!

Call or text 707-536-1070 or email sierra@thesudiopmu.com