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# Lip Tattoo Pre Care

It is highly recommended that you follow Meggan Aesthetics Pre & Post Care instructions to ensure the best possible results and longevity of your tattoo. This information acts as a guideline only. Each client’s skin responds differently both in how long it takes to heal and the number of sessions needed for colour retention and desired results. It is important that you take good care of your Lips while healing and beyond.

**Lip Tattoo Pre-Care**

* Lips Must be hydrated with no visible dryness or peeling skin. Please keep lips well moisturised 1 week prior to your appointment and lightly exfoliate them the night before.
* You must purchase antiviral medication such as Famciclovir (three tab) or other anti-viral medications from over the counter at the pharmacy or prescribed by your doctor for pre and post procedure to help prevent a herpes outbreak, especially if you have ever or cold sores. There are absolutely no exceptions to this rule. Start taking the medication 2 days prior and continue for 2 days post procedure.
* The skin must be free of all irritations including cold sores, blemishes, eczema, and psoriasis.
* Must not be on Accutane medication for one year prior to getting a Cosmetic Tattoo.
* You must wait 4 weeks after getting lip fillers, it is possible to have poor colour retention in lips that have had collagen injections within 4 weeks. If you plan on getting lip fillers after your procedure, you must wait at least 4 weeks after touch-up.
* Stop taking Fish Oil, Vitamin C, Glucosamine, Evening Primrose Oil, or Ginger one week prior to your appointment as they thin the blood and prevent the pigment from implanting correctly. If you continue to use these the healed result may be patchy.
* Must wait 6 months after a lip implant.
* Please avoid any type of blood thinning medication, and supplement for a minimum of 72 hours prior to your procedure unless is unsafe to do so for your health. Please ask your doctor before stopping any prescription medication.
* Do not work out on the day of the procedure.
* Avoid sun tanning or tanning beds for 2 weeks prior to procedure. If you show up to your appointment with a sunburn you will need to reschedule.
* Scars from surgery or injury must be healed for at least one year prior to service.
* Do not drink alcohol 24 hours prior to your procedure
* Limit consumption of caffeine.
* Please note that you will be more sensitive during your menstrual cycle.

Let me know if you have any questions regarding the above, Meggan xx