



Lip Blush Pre-Care Guide

BEFORE YOUR APPOINTMENT

By H.D. Esthetics

1. IMPORTANT REMINDER



If you have a history of cold sores, please contact your doctor for an **antiviral prescription** such as Valtrex or Acyclovir before your appointment.

Lip blush can trigger a cold sore outbreak, even if the virus has been dormant.

2. START LIP PREP 2 WEEKS BEFORE



- Begin hydrating your lips daily at least 2 weeks before your appointment.
- Use a nourishing lip balm or lip mask consistently throughout the day.
- Keep your lips soft and healthy—avoid letting them become dry, cracked, or flaky.

3. 3 DAYS BEFORE YOUR APPOINTMENT



- Gently exfoliate your lips morning and evening using a mild lip scrub or a soft brush.
- Continue hydrating your lips throughout the day.
- Your goal is to arrive with lips that are smooth, soft, and free of heavy peeling or chapping.

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1. THINGS TO AVOID BEFORE LIP BLUSH



1. COFFEE & ALCOHOL

Avoid coffee, energy drinks, and alcohol for 24 hours before your appointment. They can increase bleeding and dilute the pigment.



2. ASPIRIN & ANTI-INFLAMMATORY MEDICATION

Avoid aspirin or anti-inflammatory medication unless prescribed by your doctor, as they can increase bleeding by thinning the blood.



3. RETIN-A / RETINOL PRODUCTS

- Stop using Retin-A or retinol products 7 days before your appointment.
- Avoid using them on or around the treated area for 30 days after your procedure, as they can contribute to premature fading.



4. AHA PRODUCTS

Avoid AHA-based products on or around the area, as they may fade or discolor the pigment prematurely.



5. LASER / IPL TREATMENTS

Avoid laser hair removal, IPL, or skin rejuvenation treatments on or around the area close to your appointment, as they may affect pigment color.

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1. MORE THINGS TO AVOID



CHEMICAL PEELS

Avoid chemical peels before your appointment, as they can cause the color to wear or fade prematurely.



DERMAL FILLERS

Lip filler can change the shape of the lips. Lip blush done over filler may not heal evenly, and the result may appear altered as filler fades.

If you have had filler, let your artist know so timing can be discussed properly.



WAXING & BLEACHING TREATMENTS

Avoid waxing or bleaching treatments around the mouth area, as they can increase sensitivity and affect skin condition.

2. PLEASE RESCHEDULE IF



- You currently have a cold sore, open wound, rash, irritation, or infection around the lips.
- Your lips are severely dry, cracked, sunburned, or peeling excessively.
- You have had a recent lip treatment and the area has not fully settled.



Healthy, smooth, well-prepared lips help create the best healed results.



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