



Lip Blush Aftercare Guide

HEALING AFTER YOUR APPOINTMENT

By H.D. Esthetics

1. FIRST 24 HOURS



- Gently clean your lips with cotton rounds or gauze dampened with clean filtered water.
- Blot away any lymph fluid with a clean tissue or paper towel.
- Apply a thin layer of the recommended ointment several times a day.
- Keep the lips clean, moist, and protected.

2. EATING & DRINKING



- Use a straw for drinks for at least 3 days.
- Avoid hot, spicy, or acidic foods for at least 3 days.
- Gently clean the lips after every meal.

3. IMPORTANT



- Swelling, tenderness, and brighter color right after the procedure are normal.
- A light white film or lymph fluid can also be normal in the first day.

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1. HEALING TIMELINE



- **Days 1-3:** lips may feel tender and appear brighter or more swollen.
- **Days 4-7:** peeling usually begins and the lips may feel dry or itchy.
- **Weeks 4-6:** the color continues to soften and settle.

2. DO NOT PICK OR PEEL



- Do not scratch, rub, or pick the lips while they are healing.
- Let any peeling or scabbing come away naturally.
- Picking can cause patchy healing and poor color retention.

3. DURING HEALING



- Continue applying ointment as directed.
- Avoid lipstick, gloss, or active lip products until the surface has healed.
- Uneven color during healing is normal.

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1. FOR 2 WEEKS, AVOID



- Direct sunlight and tanning.
- Excessive sweating or intense workouts.
- Swimming, saunas, and steam.
- Excessive alcohol consumption.
- Activities that expose the lips to dust or dirt.
- Touching, rubbing, or scratching the lips.

2. PLEASE REACH OUT IF



- You notice signs of infection such as worsening redness, pus, unusual swelling, or fever.
- You have severe discomfort that does not improve.
- You have concerns about a cold sore outbreak or abnormal healing.



Healthy aftercare helps create the best healed lip blush results.

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