

STEP 1

Tonight



1. Apply a decent amount of **transparent lip balm** every 30 minutes to keep lips hydrated.
2. Take any **anti-inflammatory medication** and **antivirals**, if prescribed.
3. Apply a **cold compress or ice pack** to your lips for up to **15 minutes** before bed to help reduce any swelling.

STEP 2

Tomorrow

1. In the morning, apply a **cold compress** to your lips for up to **15 minutes**.
2. Continue taking **anti-inflammatories** and **antivirals** if required.
3. Reapply **transparent lip balm** every 30 minutes throughout the day.
4. You may **repeat Step 1 every 4 hours** as needed to manage any swelling and discomfort.

STEP 3

Ongoing care

1. Continue applying a **transparent lip balm** after every meal and after brushing your teeth to maintain hydration and support pigment retention.

PLEASE AVOID

1. **Do not forcibly exfoliate** the area: Avoid picking, scratching or rubbing crusting. If itchy, gently **pat** the area with clean hands.
2. **Do not apply any products** to the tattooed area, including: Disinfectants, Vaseline, petroleum jelly, tattoo balms, healing creams or gels etc.

Avoid for a week

1. Avoid consuming coffee and tea unless using a straw.
2. Steer clear of spicy, salty or highly pigmented foods, as well as anything larger than bite-sized pieces.
3. Refrain from foods or drinks that can stain clothing, as they may also stain your lips during the healing process.
4. Cleansers directly on the tattoo
5. Swimming pools, saunas, the beach or any excessive moisture
6. Direct sun exposure (**wear a hat outdoors**)
7. Makeup on or around the tattoo
8. Exercise or activities that cause sweating
9. Sleeping on your face

HEALING PROCESS

BUREAU OF BEAUTY

DAY 0-1

Freshly tattooed & tender



DAY 2-5

Crusting & Shedding phase



DAY 6-12

Ghosting phase



DAY 13-42

Pigment Resurfacing phase

