

ink & beauty

CRISTAL WALKER

You will see the healed results in 6-8 week after initial session. A follow up session is recommended 6-9 weeks.

Pre Appointment Instructions:

Avoid supplements with blood thinning effects. Supplements that have blood thinning effects include fish oil, garlic, ginger, ginseng, green tea, red clover, and vitamin E should be discontinued 7 days prior to getting a cosmetic tattoo. These supplements may increase bleeding especially if you're taking blood-thinning medications like warren or non-steroidal anti-inflammatory drugs.

Avoid Blood Thinning Medications 7 days prior and 1 day following your appointment. If you need to take something for pain opt for Tylenol (acetaminophen).

Don't Drink Alcohol 24 Hours Prior. Alcohol has anti-platelet effects and increases your chances of bruising.

If you have history of cold sores, shingles, herpes, you will need to be on an antiviral (Acyclovir/Valtrex) a few days before and 2 days after.

After your Treatment

If experiencing large amount of swelling, you can ice the treatment area. Make sure there is a cloth barrier between the lips and the ice.

No expertise for 24-48 Hours. Exercise is not advised on the day of or two following your cosmetic treatment. Physical activity increases your heart rate, blood pressure and blood flow. Minimal blood flow allows damaged capillaries to repair faster. Sweat can also interfere with the healing process. For this reason avoid exercise for 5-7 days post treatment if possible.

Prop with a Pillow. This will help to reduce swelling.

Please Avoid: (Day 1-7 or until scabs are gone)

Water (on the PMU area) aside from cleaning them

Makeup

Excessive sweating

Sauna

Pools

Sunbathing

Spicy food

Kissing

Aftercare

Day 1: (day of procedure)

It is very important to remove the lymph fluid from the surface of the skin in order to avoid heavy scabbing. Before bed, if the lips still have some dry lymph, rinse with lukewarm water, gently removing the dry lymph, pat dry and apply healing ointment. Sometimes the lips can bruise even after the procedure. Bruising will subside within 24 hours post procedure.

Day 2-7

The lips may be swollen the second day as well. Keep the skin moist at all times, do not let the lips dry out. Continue to apply ointment every 30 minutes throughout the day. Again, do NOT let the lips dry out.

