

Bedroom Eyes by Sheila

Lip Blush Preparation

- Do not take aspirin, ibuprofen, fish oil, vitamin E, niacin, or drink excessive alcohol for at least 48 hours prior to and after your procedure.
- Do not take any prescription blood thinners at least 48 hours prior to and after your procedure. *Consult your prescribing physician prior to holding medications.*
- Discontinue any vitamin A skin care products such as Retin A close to the enhancement area at least two weeks prior to your procedure. I recommend not using these products over or around the tattooed area after you receive your cosmetic tattoo. It could cause fading and distortion of the color.
- Discontinue use of alpha hydroxy acids (chemical exfoliation) skin care products close to the area to be tattooed at least one week prior to your procedure.
- No laser or electrolysis on or around the treatment area one week before your procedure.
- No Botox or fillers in the procedure area less than one week prior to your procedure.
- Stop drinking coffee/caffeine six hours before you session. Caffeine is a stimulant and can make you bleed more. This includes energy drinks.
- Do not have chemical peels, dermabrasions, mesotherapy, or any other intense treatments that may result in skin cell rejuvenating and cause skin irritation 3 to 4 weeks before your procedure.
- If you have been on prescription Accutane you must wait at least one year before considering this procedure.
- It is highly recommended that you avoid sun and tanning bed exposure for 30 days before and after your procedure. If you show up for your appointment with the new tan or a sunburn, you will need to reschedule and will forfeit your booking fee. As your skin peels from a sunburn, it will take the pigment with it
- Bring in your favorite lip color if you have a specific color you want to achieve.
- If you have existing cosmetic tattooing, you need to contact me before booking your appointment.

Lip Blush Aftercare

- Keep your lips as clean and dry but moisturizing as you can for the first 5 to 10 days.
- Too much lymph fluid, water, sweat and oil will result in scabs instead of a film. Scabs will result in patchy color. Keep your lips moisturized with other lip balm for the whole healing process.

Sandy Location
1243 East 8600
Sandy, UT 84094

Sheila Khammuan, Owner/Artist
sheila@bedroomeyesbysheila.com
bedroomeyesbysheila.com
(801) 529-5730

Ogden Location
115 25th Street
Ogden, UT 84401

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- Use an ice pack, wrapped in something clean, or take Ibuprofen if your lips feel swollen and there is bruising.
- Use a straw with drinking and avoid salty or spicy food if your lips feel tender for the first few days.

Avoid The Following

- **Do not** scratch your lips. Touching or picking could cause irritation, infection and loss of pigment.
- **Do not** exercise for at least 2 to 5 days after your treatment due to sweating. Gentle exercise is okay after the first few days.
- **Do not** put lip liner, lipstick, lip gloss, cleansers, lotions etc. on or close to your lips for one to two weeks after your session to avoid irritation and cross-contamination.
- **Do not** use saunas, steam rooms or swimming pools for one week due to possible infection.
- **Do not** have cosmetic facial beauty treatments done for one week following your procedure to avoid irritation and cross contamination.
- **Do not** have lip fillers, chemical peels or any other strong face treatment for 4 weeks as your skin will not be healed enough.
- **Do not** use anti-aging creams, chemical peels, acids or retinols on or close to your lips ever. These products strip the skin, change your skin and the chemicals in them will react and effect with the pigment and retention.
- **Other things** that can contribute to premature fading are oily skin, fast metabolism, iron deficiency, hypo and hyperthyroidism, hormone replacement medications, smoking, sunbeds/sunbathing, not using sun protection, excessive exfoliating, harsh cleansers or anti-aging products.

If you have any questions prior to or after your appointment, please call or text (801) 529-5730.

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