

## AFTERCARE

## Lips

Day of appointment: Avoid spicy foods, whitening toothpaste, and use a straw when drinking.

Days 1-7: Wipe lips with a clean, moist tissue several times a day.

Days 1-7: Apply aquaphor to the lips liberally.

Days 1-7: Avoid excessive sunlight, sweating(low impact workouts please!), excessively hot water as this can open the pores and push out color, and picking/scratching at the lips.

Wait at least 2 weeks after your appointment for facials, peels, botox, filler, makeup or any skincare products on the lips.

IT IS IMPORTANT TO FOLLOW THE SPECIFIC AFTERCARE INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE AFTERCARE PROCESS, BE SURE TO ASK YOUR PRACTITIONER FOR MORE GUIDANCE.

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