

Aftercare Protocol for LIPS

For optimal ink release and results, moist healing is necessary. Start the below process 1-2 hours following your appointment and *repeat the process several times a day* until your 48-72 hour review.



PHASE 1: FIRST 48-72 HOURS



STEP 1: It is critical you wash your hands using anti-microbial soap before and after touching your wound.



STEP 2: The mouth area can be a host of bacteria, which increases the risk of an infection. It is very important to use an mouthwash free of dyes, alcohol, and Sodium Lauryl Sulfate or rinse with Osmosis Immune Activator every morning, evening and after every meal.



STEP 3: Apply a thin layer of RescueMD CatalystMD serum to the treated area and surrounding edges, using your clean finger (**NOTE:** You may apply lightly Osmosis Immerse, Osmosis Nourish or Pure Vitamin E oil over top of serums).



STEP 4: Keep the area covered with plastic wrap as much as possible. During downtime at home and while you sleep, apply a thin plastic wrap over the area to ensure product penetration and promote moist wound healing.



STEP 5: As needed, gently clean the surrounding treatment area with a sterile water wipe or sterile water and a cotton bud & allow the surrounding area to dry (**NOTE:** You must NOT wipe directly over the wound or edges).



STEP 6: Take and send a clear picture to your technician for review after the area is clean.

FOLLOWING YOUR 48-72 HOUR REVIEW

PHASE 2: UP TO 1 WEEK

Continue your aftercare as instructed in Phase 1.



STEP 1: Reapplying the prescribed serums (and covering with plastic film when possible) a minimum of 5-7 times per day.



STEP 2: You must use a plastic film as much as possible for the first few days. This enables maximum absorption of the serums and increases ink chelation process.

If your wound is closed move onto Phase 3.

IMPORTANT:

If leaving uncovered and choosing to not Moist Wound Heal, a scab may form.

- DO NOT pick any scab that may have developed and allow the scab to fall away naturally.
- DO NOT allow the scab to get wet with any product/water apart from prescribed serums.
- Please understand allowing the wound to dry out increases the risk of infection and scar tissue formation and less ink will be removed, reapplication of serum several times a day will help keep area moist.**

PHASE 3: AFTER WOUND IS CLOSED

Once your wound has healed over, stop covering the area with plastic (under advisement your technician may have you switch to silicone at this time).

During this period, apply the prescribed serum(s) a minimum of 2-3x per day.

Continue this process for up to 6 weeks or until your next treatment.

WHAT TO EXPECT:

DURING TREATMENT

- While the majority of clients feel no discomfort, some may experience a bit of pain.
- Immediately following treatment, the area may be swollen, may feel stinging, tenderness and in rare cases bruising may be present.

IN THE NEXT FEW DAYS FOLLOWING THE TREATMENT

- Some experience minor pain or discomfort the first 1-2 weeks of the healing process.
- The area may have slight swelling and redness in the immediate area or treated edges. Swelling and puffiness along with bruising is expected in treatment area. The swelling is usually more in the morning times upon waking and slightly subsides as the day continues.
- Swelling and bruising around the lips may continue to increase up to 5-7 days post treatment.
- Due to the Vitamin C in the **CatalystMD** serum, some clients feel a stinging or burning sensation upon each application. This is normal and usually settles within 20 minutes. If it does not subside, apply **RescueMD** serum first and then apply **CatalystMD** serum in the perimeter of the lips.
- The treated area will ooze and look different in color (colour). The fluid from the wound can appear thick/goosey or thin/watery and can have a white, yellow, or greenish tint to it. *THIS is normal, GOO is good.*

1-2 YEARS FOLLOWING TREATMENT

After the removal process is complete, the lips may be more sensitive to the sun. It is essential to keep the area protected with a zinc-based lip protection to minimize any risk of Hypo or Hyperpigmentation from sun exposure.



CLIENT DO'S

- Take Arnica pre and during treatment to aid in healing and pain management.
- Apply prescribed serums a minimum of 5-7x daily.
- Consider **RescueMD** in addition to **CatalystMD** for additional healing and prevent moisture loss.
- If needed, apply a cold compress to a surrounding area for relief. Be careful not to put pressure on the wound or allow moisture into the treated area.



CLIENT DO NOT'S

- Do NOT apply any other topicals unapproved by your technician to the wound. No make-up, moisturizer, ointments, or any other topical products should be applied on the treatment area until the skin is completely healed or under the advisement of your technician.
- Do NOT kiss anyone or any intimate acts involving your lips during healing process.
- Do NOT use Hydroquinone Retinol products, or Chemical Sunscreens during the healing process as they suppress immune function and cause unnecessary inflammation.
- Do NOT take anti-inflammatories or pain killers that interfere with the body's natural immune response and inflammation.
- Do NOT engage in intense physical activity which can cause perspiration, sweating or exposure to water (these must be avoided until the skin heals over).
- Do NOT pick at the area or any scab that may form, this can cause scarring, hair loss and less ink removal.
- Do NOT wipe directly over the wound when cleaning excess or dried serums, this will remove vital moisture and proteins needed to aid in healing and can cause irritation and scarring.

NOTES ON XTRACT® AFTERCARE

- Since you will have an open wound, it is critical that you do not expose yourself to surroundings that will present or increase a risk of infection (Example: concerts, nightclubs, sporting events, etc.).
- Always keep the area moist with prescribed serums until wound is closed.
- Remember to take pictures daily at the time of dressing change (after cleaning around the perimeter and PRIOR to applying prescribed serums. Send pictures to your Xtract® technician so they can monitor your progress and advise you on any required aftercare changes.
- Continue with your photographic diary as your technician will be able to best advise you on when silicone is no longer necessary.

EDUCATE YOURSELF. KNOWLEDGE IS POWER!

- Osmosis **CatalystMD** serum will allow the ink chelation to happen for up to 21 days and it inhibits the growth of bacteria so provides minimal risk of infection.
- Moist wound care allows the body to heal faster and continues the ink chelation process, furthering ink removal as well as focusing more energy on healing the wound with healthy tissue, as opposed to forming a scab.
- Water contains bacterial spores; any contamination of water can cause an increased risk of infection.
- Removal of any vital wound exudate, remodeling proteins and prescribed serums can cause risk of scarring and may cause less ink removal.
- New skin appears pink, as new capillaries are formed to bring critical oxygen and nutrients to the wound, this is a very delicate phase and the skin currently is more susceptible to hyperpigmentation - it is critical to protect new skin from the sun during this time, until the skin pigmentation is normalized. Chemical Sunscreens should be avoided as they cause inflammation and risk the chance for scar tissue development. For extra precaution with prolonged sun exposure, a hat and sunglasses are recommended.

SIGNS OF INFECTION

Although unlikely, infection is possible with any procedure that breaks the skin. Be aware of the main signs of infection:

- Fever
- Sudden increase in swelling and pain
- Redness expanding away from the wound site.
- Wound is hot to the touch.
- Foul smelling odor (odour) from exudate.



If you are concerned you may be experiencing an infection, contact your technician with your most up to date photographs and description of concern or contact a medical professional.

CONSISTENCY DELIVERS RESULTS!