

## BLUSH LIPS PRECARE

**Do not get lip injections 4 weeks before and after this treatment;**

- ✓ Do NOT drink coffee or any caffeine on the day of the procedure;
- ✓ Do NOT drink alcohol 24 hours before the procedure;
- ✓ Do NOT workout on the day of the procedure;
- ✓ **If you have predisposition for herpes, use antiviral medication;**

**If your appointment is during a cold sore outbreak, your procedure cannot be performed;**

- ✓ **Chemical peels and laser treatments should be avoided 2 weeks before and after of the procedure;**

Do NOT consume Advil, Aspirin, Niacin, Vitamin E and/or Ibuprofen, fish oil supplements, omega-3, unless medically necessary or any blood thinning medication for a minimum of 72 hours prior to the procedure. (Tylenol or acetaminophen is okay);

Exfoliators, creams containing Glycolic Acid, Retin-A, Renova, and Alpha Hydroxyls Acid (AHAs) at least 72 hours before the procedure;

- ✓ If you have been on prescription **Accutane** in the past, you **MUST** wait at least 6 months before considering this procedure.