

Nano Lips Patient Instructions

Pre-Procedure Instructions:

1. Do NOT have **Botox** (or similar products) or filler for 6-8 weeks prior to procedure.
2. All medications and doses need to be stable for 8 weeks prior to procedure.
3. **Omega 3's/ fish oils** need to be stopped (with doctor consent) 1 week prior to procedure.
4. Do not tan outdoors, use tanning beds or spray tan for 2 weeks prior to procedure.
5. Must **start taking L-Lysine 1,000mg/day** for 1 week prior to and 2 weeks after the procedure.
6. Your lips must be properly hydrated. If your lips are chapped, they will not retain pigment. We recommend **Aquaphor or Olive Oil to the lips 2x/day** for 1-2 weeks prior to procedure.
7. On day 7 prior to your procedure, **exfoliate the lips** by making a scrub mixing sugar and olive oil together.
8. If you are prone to **cold sores**, you must take **Rx Valtrex** (prescribed by your doctor). You should take it 2 days prior to and 3 days after the procedure OR follow the directions of your doctor to prevent an outbreak.
9. You must take **Benadryl or another type of antihistamine 1 hour prior** to your procedure.

Post-Procedure Instructions:

Day of Procedure:

- *It is very important to remove all the lymph (clear secretions) to prevent scabbing.
- *Immediately following the procedure, blot the area with a wet cotton pad every 1-2 hours for the remainder of the day.
- *Immediately apply a thin layer of Aquaphor after blotting.
- *Apply Aquaphor before bed.
- *It is very important to continue to take the L-Lysine for 2 weeks following the procedure.

Day 2:

- *Again, we need to continue to remove as much lymph as possible.
- *Every 3 hours blot your lips with a wet cotton pad and immediately apply a thin layer of Aquaphor.
- *Repeat this from the time you wake up until bedtime.
- *Make sure you apply a layer of Aquaphor before bed.

Day 3-7:

- *Your lips **MUST** stay hydrated.

*Your lips should always have a thin layer of Aquaphor on them. It is recommended to apply a minimum of 5x/day.

Day 8-30:

*Continue applying Aquaphor when dry or as needed. We recommend applying the Aquaphor in the morning and before bed at the minimum.

AVOID the following from day 1-7:

- *Kissing
- *Dental work/ mouth washes
- *Hot/ spicy/ salty food
- *Makeup (lipstick, glosses)
- *Tanning beds, saunas, swimming pools

*We recommend drinking ALL liquids through a straw

Cold Sores:

*If you experience a cold sore, please contact your doctor. Cold sores are common with lip micropigmentation, especially if you are prone to them.

*Do NOT use Abreva.

*All patients who experience a cold sore must continue taking their L-Lysine supplement until their 6-8 week touch up appointment.