



Pre-PMU Treatment

- Do not wax or bleach two weeks before the procedure
- Keep well hydrated by drinking water and moisturizing your lips regularly in the days leading up to your appointment
- Exfoliate your lips using a toothbrush without toothpaste
- Stay out of direct sunlight and avoid tanning beds three to four days before
- Ensure that any fillers are done at least one month before
- Do not schedule the procedure during your period, as you may be more sensitive to pain

ON THE DAY

Do not plan any social events, your skin is likely to be sensitive and swollen.

My technique is superficial and I use topical anesthetic no additional painkillers are needed.

After-PMU Treatment

- I use a dry healing technique
- If you've ever had fever blisters, take antiviral medication as a precaution pre and post treatment as advised.
- Carefully rinse the area with water every 15min for the first 2 hours directly after the procedure. Wipe firm but carefully to remove any serous fluid on the treated areas.
- From day 4-7, you will experience a slight dryness & crusting.
- The areas may be dry & itchy.
- Carry on with your normal skin regime. Avoid usage of cosmetics and abrasive products on treated areas for 10 days. When drying the area, dab gently with a towel to ensure you do not rub off any crusting as this needs to fall off naturally.
- After the first week, your treated area will appear faded. There is still regenerative tissue on the outer layer and the color is not a reflection of the true outcome.
- Trust the process, every week after the procedure the color will resurface a bit more, and 8 weeks post-procedure your FREE consultation check-up (15min) appointment will be booked so that the results of your PMU procedure can be discussed and a possible touch-up procedure can be booked if needed

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EXCLUSIVE SKINCARE