

## **PRE-CARE**

Do not drink too much alcohol 24 hours before the operation.

Avoid the sun for a week.

Do not take aspirin, niacin, vitamin E or Advil/ibuprofen 24 hours.

Do not drink coffee or any caffeine on the day of the appointment.

Did not inject Botox or fillers on or around the lips 2 weeks ago.

Please note: You will be more sensitive during your menstrual cycle.

If you have a history of cold sores in the past, it is strongly recommended that you consult a doctor before making an appointment. In most cases, cold sores can be prevented by taking Valtrex (prescription drug).

## **AFTER-CARE**

Please follow the instructions below to ensure correct cure:

To avoid severe abrasions, it is very important to remove lymph from the surface of the skin with a gauze. Before going to bed, if there is still some dry lymph on the lips, rinse with warm water, gently remove the dry lymph, pat dry and apply the ointment.

Do not rub or pick up on dry flaky skin/knots.

Avoid: water (except cleaning), makeup, tanning, swimming, excessive sweating, sauna, spicy food, kissing.

Drink with a straw for a week.

Don't let the lips dry out. Continue to apply the ointment throughout the day to moisturize your lips until all gone.