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**DAY 0 — IMMEDIATELY AFTER**

- Your lips will appear 40-60% darker than the final colour — this is completely normal
- Mild swelling is expected for 4-8 hours
- Apply the provided aftercare balm with clean fingers or a cotton tip
- Avoid eating spicy, salty, or acidic foods for 24 hours
- Drink through a straw if possible for the first 24 hours

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**DAYS 1-7 — HEALING PHASE**

- Apply aftercare balm 3-4 times daily with clean hands
- Do NOT pick, peel, or scratch the lips — let flaking happen naturally
- Avoid kissing, swimming, saunas, and steam rooms
- Avoid wearing lipstick or lip products other than the aftercare balm
- Brush teeth carefully — avoid toothpaste directly on the lips
- Sleep on your back if possible to avoid friction on lips

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**DAYS 7-14 — PEELING & GHOST PHASE**

- A thin flaky layer will naturally shed — the colour underneath will appear light or patchy
- The "ghost phase" is normal — colour may seem to disappear entirely
- Continue aftercare balm twice daily
- Avoid direct sun exposure — UV will degrade settling pigment
- No lip exfoliation, scrubs, or chemical peels

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**DAYS 14-42 — COLOUR SETTLEMENT**

- True colour gradually emerges through healed skin
- Avoid chemical peels, laser treatments, and harsh skincare near the lip area
- Apply SPF lip balm when exposed to sun (SPF 30+)
- Do not judge the final result until at least 6 weeks post-procedure

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**DO NOT**

- Pick, peel, or scratch the lips at any stage
- Apply makeup, lipstick, or lip gloss for 10 days
- Swim in chlorinated pools or the sea for 14 days
- Use saunas, steam rooms, or hot tubs for 14 days
- Undergo facial treatments, chemical peels, or laser near the lips for 4 weeks
- Expose lips to prolonged direct sunlight without SPF for 4 weeks

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**CONTACT YOUR PRACTITIONER IF...**

- Swelling worsens after Day 2 instead of improving
- You notice pus, yellow discharge, or hot painful inflammation
- Blisters develop (possible cold sore reactivation)
- You have any concerns about the healing process