
WHY ANTIVIRAL PROPHYLAXIS IS RECOMMENDED

- Lip blushing involves controlled trauma to the lip tissue, which can reactivate the herpes simplex virus (HSV-1).
- Even clients with no known history of cold sores may carry HSV-1 — up to 67% of the population carries the virus.
- A cold sore outbreak during healing can destroy pigment in the affected area, causing permanent gaps in the result.
- Prophylaxis significantly reduces the risk of reactivation during the vulnerable healing window.

RECOMMENDED PROTOCOL (CONFIRM WITH YOUR PRESCRIBER)

- Medication: Valacyclovir (Valtrex) or Acyclovir — as prescribed by your GP or pharmacist
- Timing: Begin 2 days (48 hours) BEFORE your scheduled appointment
- Duration: Continue for 5-7 days after the procedure (total 7-9 days)
- Dosage: As directed by your prescriber (typical: Valacyclovir 500mg twice daily)
- If you cannot obtain a prescription, inform your practitioner BEFORE the appointment

IMPORTANT NOTES

- This sheet is for information only — your practitioner cannot prescribe medication
- Take the prescription information to your GP, pharmacist, or online prescriber
- Inform the prescriber that the medication is for cold sore prophylaxis before a cosmetic lip procedure
- If you experience a cold sore outbreak BEFORE your appointment, contact your practitioner to reschedule
- Do not attend your appointment with an active cold sore — the procedure cannot safely go ahead

IF A COLD SORE DEVELOPS AFTER THE PROCEDURE

- Contact your practitioner immediately for guidance
- Continue or restart antiviral medication as directed by your prescriber
- Do not pick at or disturb the affected area
- The outbreak area may lose pigment — this can be addressed at a future touch-up session
- A cold sore during healing is manageable but must be monitored