

PMU AFTERCARE GUIDE

Lip Blush + Faux Freckles

Elevated Beauty. Intentional Artistry.

Your PMU will change as it heals. Follow these instructions closely. The colour you see immediately after your appointment is not your final healed result.

A Little Aftercare Goes a Long Way

Your appointment is only part of the process. Intentional aftercare helps protect your results, support comfortable healing and give your skin the best environment to recover.

DAY 1 — FIRST 24 HOURS

- Follow the specific cleansing and aftercare instructions given at your appointment.
- Keep hands, pets, dirty towels and other potential sources of contamination away from the treated area.
- Cleanse only as directed, using clean hands and cool/lukewarm water when applicable.
- Pat dry gently — do not rub.
- Apply ONLY the aftercare product recommended or provided by Elio Beauty Co., using a very thin layer if instructed.
- Avoid makeup and non-approved skincare on the treated area.

DAY 2

- Gently cleanse as directed and pat dry.
- Use only a very thin layer of approved aftercare if the area feels dry or tight.
- Do not over-moisturize or create a thick, greasy layer.
- Continue to avoid picking, peeling or rubbing.

DAYS 3–14 — HEALING PHASE

- Continue gentle cleansing and aftercare as instructed.
- Do not scrub, exfoliate, use facial brushes or intentionally remove peeling skin.
- Allow flakes to fall away naturally.
- If the area becomes itchy, resist scratching.
- Be gentle when washing your face and drying with a towel.
- Avoid sleeping directly on the treated area when possible.

DURING THE HEALING PERIOD

- Avoid swimming pools, hot tubs, lakes, rivers and other water where the treated area may be submerged.
- Avoid saunas, steam rooms, hot yoga and activities that cause heavy sweating.
- Avoid long, very hot showers and direct shower spray on the treated area.
- Avoid direct sun exposure and tanning beds.
- Avoid makeup directly over the treated area until the surface has healed.

- Avoid retinol/retinoids, AHAs, BHAs, strong vitamin C acids, exfoliants, acne treatments and other active skincare directly on the treated area.
- Avoid facials, chemical peels, dermaplaning, microneedling, laser and other resurfacing procedures over the treated area.
- Avoid waxing or threading over faux freckles or other treated facial areas.
- Do not pick, scratch, rub or intentionally peel the area.

LIP BLUSH — SPECIAL AFTERCARE

- Lips can appear darker, brighter or more swollen immediately after treatment. This is temporary and is not your healed colour.
- For the first several days, avoid spicy, very salty, acidic/sour or heavily coloured foods if they sting or irritate.
- After eating, gently clean the lips as needed and pat dry.
- Avoid lipstick, lip liner, gloss and other cosmetic lip products until the surface has healed and finished peeling unless your artist advises otherwise.
- Use only the lip aftercare product recommended by Elio Beauty Co.
- Do not pick or peel flakes. Doing so can pull out pigment and contribute to uneven healed colour.

COLD SORE / HERPES SIMPLEX WARNING

Lip blush can trigger an oral herpes/cold-sore outbreak in people with a history of cold sores. If you develop tingling, burning, blistering or a suspected outbreak, contact your healthcare provider promptly. Elio Beauty Co. does not diagnose or prescribe antiviral medication.

FAUX FRECKLES — SPECIAL AFTERCARE

- Keep the treated dots clean and untouched while the skin heals.
- Do not pick, scratch or exfoliate the freckles.
- Avoid makeup directly over the treated area until healed.
- Avoid waxing or threading over the treated freckles during healing.
- Once fully healed, protect the area from UV exposure to help reduce premature pigment fading.

HEALING + COLOUR CHANGES

PMU can look darker or more intense at first, then become lighter as the surface heals. Some colour may temporarily appear to fade or 'disappear' before returning as the skin settles. Final healed colour can take several weeks to develop, and results vary by skin, lifestyle and aftercare.

TOUCH-UP

If a touch-up is recommended, it should be scheduled only after the skin has fully healed and the appropriate healing interval has passed. Your artist will advise you based on your service and healed result.

LONG-TERM CARE

- Once fully healed, use broad-spectrum SPF on exposed treated areas and protect your skin from excessive UV exposure.
- Avoid aggressive exfoliation and unnecessary resurfacing directly over PMU.
- Cosmetic tattoos naturally soften and fade over time. Sun exposure and frequent exfoliation can accelerate fading.

WHEN TO CONTACT A HEALTHCARE PROFESSIONAL

- Seek medical attention for spreading redness, increasing warmth or swelling, worsening pain, pus/discharge, significant blistering, fever or feeling unwell.
- Seek prompt medical care for signs of a significant allergic reaction, including facial swelling, hives or difficulty breathing.
- For eye, vision or other serious symptoms, seek urgent medical care.

A NOTE FROM ELIO

Thank you for trusting Elio Beauty Co. with your beauty experience. — Megan W.

QUICK CHECKLIST

- Keep hands off and let flakes fall naturally
- Use only approved aftercare
- Keep the area protected from water, heat and heavy sweating while healing
- No makeup or active skincare directly over the treated area until healed
- Protect healed PMU from UV exposure
- Contact a healthcare professional if symptoms are concerning or worsening

Aftercare information is provided for general client education and does not replace individualized medical advice.