



Before your Li-FT saline ink removal appointment



Please remember

- Skin must be healthy in treatment area
- Do not pick, tweeze, wax or tint 48 hours prior
- Do not tan 2 weeks prior
- No facials 2 weeks prior (if treatment is on face)
- Do not work out immediately before procedure
- Botox and fillers must be done 2 weeks prior at minimum
- Do not take fish oil, aspirin or Ibuprofen before procedure
- Do not drink alcohol 24 hours prior
- Do not drink caffinated beverages day of procedure

- Be on time
- Bring a valid ID
- Wear comfortable clothing
- Wear a mask
- Bring headphones if you would like
- If you are not feeling well, please reschedule



After your Li-FT saline ink removal appointment



It is critical to follow all aftercare instructions to prevent complications, scarring and to achieve optimum results.

Please read carefully.

Do:

- Keep area clean and open to the air at all times.
- Clean by blotting area with saline- medical grade NOT CONTACT SOLUTION 3-4 times a day using a paper towel or gauze.
- Once all scabbing has naturally fallen off, apply one drop of Vitamin E Oil (provided) 3-4 times throughout the day for a minimum of 4 weeks, or until next lightening session.
- Treat area with TLC
- Book your next session for 8 weeks minimum after treatment

Do not:

- Occlude area in any way. This means no bandages or covering area.
- Ice the area
- SOAK the treated area in water. You can shower as normal but keep the area out of the shower spray the best you can and do not let the area stay wet for more than a few minutes. It is best to keep it dry but if you do get it wet gently pat dry.
- NO BATHING, SWIMMING, SAUNAS, HOT TUBS, TANNING, OR EXERCISE, NO EXCEPTIONS

- Disrupt the scabbing process (no picking, scratching etc.) All scabbing needs to fall off naturally. If you force or pick a scab off you will disrupt the process and possibly cause scarring. It is critical to keep the scabs on as long as possible to achieve optimum results.
- Start applying the Vitamin E Oil UNTIL all scabbing has naturally and completely fallen off. It is our goal to keep the area as dry as possible until all scabs have naturally fallen off.

*LIPS– please drink all liquids with a straw until all scabbing has naturally fallen off. Brush with Toms of Maine or classic Crest (no whitening or peroxide toothpastes) Cut food into small bites... no biting into a sandwich. Try to keep mouth expressions to a minimum.



Keep in mind:

Lightening and or removing unwanted pigment is a long process and patience is required. Please be patient and give the process a fair chance to work. In some cases, pigment will appear darker because it is coming to the surface. Do not be alarmed! Expect visible and wanted results in 2–5 sessions. How many sessions needed will depend on how saturated the pigment is, how deep it was implanted and how much needs to be removed for the desired result.



What to expect:

The removal process is not glamorous. You may experience tightness, itchiness, redness, and dryness in the treated area.

There will be a scab. This is how the pigment comes out.

If you want this to work, follow the instructions.

You are a bad ass, you've got this!

