

Permanent Makeup Before and After Care Instructions

GOLDEN RULES FOR ALL PROCEDURES:

- Absolutely No Sun or tanning prior to the procedure or after the procedure for at least 4 weeks.
- Avoid direct shower water on the treated area after the procedure.
- Do NOT take Aspirin, Niacin, Vitamin E and/or Ibuprofen unless medically necessary, 48-72 hrs prior to your procedure. Tylenol is fine. You have to be off Accutane for 1 yr. NO Exceptions!
- Avoid alcohol or caffeine prior to the procedure this will minimize any oozing or swelling after the procedure.
- Getting a procedure while on your menstrual cycle can make you hyper-sensitive at the procedure site.
- Avoid extreme exercise (sweating) directly after the procedure, at least 3-7 days. Sweat is salt water and will fade the pigments prematurely.
- No swimming until the area is completely healed, chlorine can cause the pigments to fade or change in color. It is recommended to apply the Aquaphor to the treated area/s prior to swimming even after healed to prevent the chlorine water/salt water from penetrating the area.
- Alcohol should be minimal prior to your procedure, this causes thinning of the blood.
- Only touch the treated areas with squeaky clean hands. We do not want an infection.
- **DO NOT RUB, SCRATCH OR PICK AT THE TREATED AREA**, let any scabbing naturally exfoliate off....picking can cause scarring or losing pigment.
- Plan on scheduling your touch-up within the first 6 mos.

EYEBROWS

- Regular makeup can be worn immediately after your procedure, just not on the treated area until healed.
- The eyebrows WILL appear bolder immediately after the procedure. This is common in all Permanent Makeup applications. It will begin to soften up after a few days.
- It is very common to have areas fade more so than others. This is part of the healing process and will be treated at the recommended 6-8 week touch up appointment.
- Only use the ointment (Aquaphor) or Vaseline on the treated area until healed (thin coat)
- **DO NOT RUB, SCRATCH OR PICK AT THE TREATED AREA**

EYELINER

- If you have hyper-sensitive eyes, watery eyes, tear duct plugs or severe allergies - this may not be the procedure for you. Our eyes produce saline-salt water and this will cause the area treated to fade or not take at all.
- Do not wear contact lenses to your appointment, bring your glasses Clean contacts can be worn 24-48 hrs after the procedure.
- No mascara on the procedure and no mascara after the procedure and until 7-10 days after the procedure.
- DO NOT USE oily makeup remover, baby oil, mineral oil or heavy creams, especially glycolic products around the eyes.
- Only use the aftercare ointment (Aquaphor) / Vaseline provided to you after the procedure for 3-7 days, or as needed, you CAN NOT over use them.
- Eyeliner can and will have some residual pigment that may peel or flake off after a couple days (in most cases). That is ok. Eyeliner tends to fade more so than brows due to the moisture in the eye area. After the touch up the color stays better and lasts longer.
- Eyeliner usually takes 2 procedures!
- **DO NOT RUB, SCRATCH OR PICK AT THE TREATED AREA**

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LIPS

- If you are prone to cold sores or have frequent herpes breakouts around the mouth and lip area - it is recommended that you be on an **Anti-Viral, Valtrex or Acyclovir 3-4 days prior to your lip procedure and continue until Rx is complete**. If you get a break out due to not using the medication, it can spread to the entire treated area causing a lot of discomfort and the pigment will not take. To those people who have not had a cold sore or breakouts, are still recommended to get a Rx to prevent one.
- If you have any active breakouts the procedure will need to be rescheduled.
- Try not to bite into greasy, oily or acidic foods while you are healing.
- Avoid hot, steamy drinks until healed.
- It is recommended to drink through a straw.
- Lips will look very BOLD and BRIGHT the first few days and WILL begin to fade substantially and even look blotchy within the first few days, the color will begin to fully develop in 3-6 weeks. Lips can take up to 3 treatments to get the desired shade. Only use the ointment (Aquaphor, Vaseline) on the treated area until healed.
- DO NOT RUB, SCRATCH OR PICK AT THE TREATED AREA

SKIN NEEDLING-PRE-CARE & AFTER CARE

- The area to be treated must be free of any active acne, cold sore, pimples or infection.
- If you are on blood thinners, you must be off, with the approval of your physician in writing.
- Make sure to schedule when you have 3-5 days of down time.
- The area to be treated will be cleansed with a medical grade cleanser prior to applying the numbing cream.
- The treated area WILL be very red the 1st 24hrs and will gradually lighten with each following day and will feel like a sun burn.
- Itchiness and tenderness will be present during the healing process.
- A&D ointment will be provided for you to use 2 time a day, morning and evening) for the first 48hrs.
- It is recommended to wash your face several times after the procedure with a gentle cleanser.(3-4 times a day)
- The area will begin to shed/sluff after a couple days revealing new pink skin.
- Healing is rapid and the results will be visible in just a few short days and continue to improve over months.
- You can continue to use your skin care regimen and apply makeup when needed.

PERMANENT MAKEUP & SKIN NEEDLING
WILL NOT BE PERFORMED IF YOU ARE PREGNANT OR NURSING!!!!