

## Pre and Post-Procedural Care

### Pre-Care for ALL Permanent Makeup Procedures:

Proper healing and retention of pigment depends heavily on properly following pre and post-procedural care. The skin of the face is sensitive and delicate by nature. Clients must be in generally good health and the day of your procedure, the skin must be healthy and not injured or irritated. Here's how to prepare for your procedure:

- Contact lens wearers must keep lenses out the day of an eyeliner procedure
- Eyeliner will not be performed on those wearing eyelash extensions. If removal is needed prior to your appointment, you must contact your artist to allot for additional time needed. Eyelash extensions or lash lift and tint cannot be performed near treated area for two weeks following your procedure due to infection risk and irritation.
- Do not pick/tweeze/wax/perform electrolysis one week before the procedure. Brow hairs that need to be removed can be done during your brow procedure, I highly encourage you to let your brows grow until your appointment.
- Do not use a tanning bed within a week of procedure or arrive with sunburned face/skin, your appointment will be canceled, as it is not safe to perform this procedure on already injured skin.
- Do not have any sort of facials done within one week of treatment. Do not have any harsh chemical peels, dermabrasion, or other skin-renewing facials done within four weeks before or after treatment.
- Discontinue use of Retin-A 4 weeks prior to procedure.
- Discontinue use of Alpha Hydroxy Acid (AHA) within 2 weeks before or after procedure.
- Do not have botox within 3 weeks of brow procedure or fillers within 3 weeks of lip procedure.
- Do not wax or tint your eyebrows 3 days before the procedure.

In order to avoid excessive bleeding, which is dangerous and can result in poor colour deposit and possible discontinuation of procedure:

- Do not drink alcohol 24 - 48 hours before your tattoo.
- Do not consume coffee or other caffeinated beverages the day of your procedure
- Do not take an aspirin, ibuprofen, or other blood-thinning pain relievers the day of your procedure. Do not take Fish Oil or Vitamin E supplements within one week of your procedure, as these are natural blood thinners.
  - If you are prescribed blood-thinning medications, you must get consent from your doctor prior to your procedure to make sure it is OK for you to discontinue medication for the day of your procedure.

### Important Steps Following ALL Procedures:

- Use a fresh pillowcase and try to avoid sleeping on your face for the first week.
- After eyeliner procedure, do not apply makeup to the eyes for one week. Open a new bottle of mascara to avoid adding bacteria to the treated area.

- DON'T PICK, scratch, rub, or exfoliate the area, let scabbing or dry skin naturally exfoliate.
- No facials, botox, chemical treatments or microdermabrasion for 4 weeks.
- Do not tweeze/wax/perform electrolysis for two weeks post-procedure.
- Avoid excessive sweating due to exercise, saunas, or overly hot showers/bathing for one week.
- Limit showers to 5 minutes for one week to avoid too much steam. Keep your face/procedure area out of the water as much as possible. Procedure area should only be getting wet for brief periods.
- Avoid direct sun exposure or tanning for 4 weeks after the procedure. Wear a hat when outdoors. After 2 weeks, sunscreen can be applied to face and brows, and is highly encouraged.
- Avoid immersing the treated area in contaminated water (lakes, pools, etc.) for the first week.
- DO NOT rub, pick or scratch the treated area.

### Long-Term Care:

- Apply sunscreen. Sun exposure is the number one cause of premature fading and discoloration of cosmetic tattooing.
- In the case of having laser skin treatments or hair removal, inform your laser technician that you have cosmetic tattooing, as laser procedures may darken, lighten, or discolor it.
- Frequent use of Retin A/Tretinoin, Glycolic Acid, chemical peels, and other skin-renewing products on the treated area can cause premature lightening of permanent makeup.

### 1-Week Post-Procedure Aftercare for Brows:

- Day 1 of the healing process is VERY important: Cleanse the area frequently on day one. Gently wash your procedure area every one to two hours with water and a gentle soap, such as Cetaphil, Dove white bar soap, or Johnson's Baby Soap. With a very light touch, use your fingertips to gently cleanse the area and rinse well. DO NOT exfoliate the area in any way, such as with a wash cloth, exfoliating scrub, etc. Use your fingers only. DO NOT use any cleansing products containing acids (glycolic, lactic, or AHA), or any exfoliants. To dry, gently pat with a clean tissue.
- Between frequent washings, gently blot treated area with a clean tissue to absorb excess lymph fluid. Do this throughout the first day following your procedure until oozing has stopped. Removing this fluid prevents the body from forming scabs, which can attach to deposited pigment and remove it from the skin. If scabs do form, DO NOT pick at them. This can cause pigment removal, patchy pigment retention, and scarring.
- After day one, wash once or twice daily as you normally would, in the same manner as stated above to remove bacteria and dead skin.
- Immediately after washing and drying area, as well as throughout the day as-needed, apply a rice grain amount of provided A&D ointment with a cotton swab or clean fingers and gently spread across treated area. Applying an overly thick layer of ointment will suffocate the skin and delay

the healing process. Wounds need oxygen to heal. Make sure the skin is patted dry prior to applying ointment, never apply to wet or damp skin.