



Before and After Care Instructions

BEFORE PROCEDURE INSTRUCTIONS (READ)

- Do not work out the day of the procedure. Exercising increases your blood flow, which will cause you to bleed more and much more easily during the procedure. **NO EXERCISING, means DO NOT EXERCISE!**
- **Water only! NO Caffeine, Decaf, Tea, Sodas, Monster Energy, Sports Drinks, etc. - 24 hours prior to your procedure.** ***Place a note on your coffee maker the night before, "**NO COFFEE!**" **Drinking caffeine will cause your procedure to be more uncomfortable (or HURT!).** Caffeine is a stimulant.
- Do not tan or have sunburned face. Your appointment slot will be treated as a missed appointment.
- **Your face needs clean foundation, mascara, tinted sunscreens, false eyelashes and please, NO PERFUME.** **If having your Eyebrows completed, I don't mind if you come with your Eyebrows on.**
- I have a "**Face Wash Bar**" in the bathroom for those coming from work! Please feel free to arrive a few minutes early to wash your face. It's there for you!
- Please do not use any Aspirin, Niacin, Vitamin E, fish oil or Ibuprofen products **1 week before procedure.** Note: If you are on a physician prescribed blood thinners, you will want to advise your physician of your upcoming procedure and ask him how many days before your procedure to be off of this prescribed blood thinner.
- Please - No facial waxing or tinting 3 days before the procedure.
- If you wear contact lenses, please bring your eyeglasses to wear home, if we are doing your eyes.
- Please note that you will be more sensitive during your menstrual cycle - but it's no reason to reschedule.
- Do not use Retinol/Retin-A products and/or exfoliants for 30 days prior or after.
- Please arrive to your appointment prepared! Be familiar with these care instructions and perhaps read them again the night before. Remember: they are available online too to help you.
- We ask that you arrive 15 minutes prior to your appointment time. A lot of the time, there is in office paperwork to fill-out. 15 minutes late is considered a "Missed Appointment" and you will need to reschedule. Please be considerate. If I'm late, you get chocolate and lots of apologies!
- **48 hours notice of cancellation is required and needed in order to get someone to replace your slot.** You will be charged \$150 non-refundable/transferable per scheduled procedure for missing your appointment or failure to cancel within the required time. Please be considerate of everybody's time.
- **Please do not expect a confirmation call/text** - these are very time consuming and require a full-time staff. I ask you to be responsible to keep your appointment date and time in a place where you it's easily assessable for you.
- If you wear false eyelashes, they will need to be completely removed one week before your appointment (only if doing eye procedures).
- **LIP PROCEDURES:** If you have any history of, or concerns regarding cold sores/fever blisters/herpes simplex I, you will want to contact your physician to obtain the proper prescription medication to help prevent such outbreaks. Smaller doses of an antiviral totaling 1000 mg per day, but on a more frequent daily basis dosage such as 250 mg of antiviral 4X's per day, or 200 mg 5 X's per day has been noted as possibly being more effective than larger more infrequent daily dosages. These are industry related guidelines only, and medications should always be taken as your physician directions.
- **DO NOT**, under any circumstances, have lip fillers completed 6 weeks before or after your permanent makeup procedure.

AFTERCARE

- NO water, cleansers, creams, oils, makeup or any other products on treated area for 14 days.
- **(EyeBrows only)** For the first 24 hours after the procedure, observe for any oozing. If present, you may use a gentle cleanser and gently wash the serum off once. Powder Brows and Eyes will begin to exfoliate around Day 3-4 and complete around Day 7-10.
- Keep dry when showering. Use a “Bald Man’s” shower cap by cutting $\frac{3}{4}$ of the top off, apply cap normally, except flip over to cover the brows and eyes.
- DO NOT rub, pick or scratch the treated area. Let any scabbing or dry skin naturally exfoliate off. Picking can cause scarring.
- Avoid direct sun exposure or tanning for 3-4 weeks after procedure.
- Avoid heavy sweating and exercising for the first 14 days.
- NO facials, Botox, chemical treatments and microdermabrasion for 4 weeks.
- Avoid sleeping on your face for the first 14 days.
- **Eyebrows and Eyeliners:** will appear darker and bolder due to the natural scabbing and healing for the first 14 days. This is very common for all permanent cosmetic procedures.
- **Hair-stroke Brows:** the defined hair stroke will temporarily disappear only after the crust has lifted (Day 12-14). Be patient. It will reappear towards the end of the healing period (4 weeks post procedure). Clients with oily skin will have a tendency to lose more pigment, will appear overall lighter and may require more touchup procedures. That’s oily skin, not my technique.
- **Lips:** For the first hour after the procedure, check every 10-15 minutes for any oozing and blot off only if present. Continue to apply lip balm daily to dry lips over the 4-week healing period. The bright color will slough off after a few days, leaving the appearance of a very light to very little color. This is normal. Towards the end of the healing period, the healed lip color will be at it truest. Also, please do not focus on the shape, initially! Your lips have just been tattooed. The tissue is swollen and will NOT be perfectly shaped until completely healed. Please be patient.

Please note: Permanent Makeup (particularly the Hair-stroke Brow and Lip procedures) requires a full 4 weeks of healing time before you can determine whether a touchup is needed or not. Please understand that at the first exfoliation, your color WILL APPEAR as if it has all disappeared. Don't panic. It will return as the skin heals - 4 weeks!
Thank you for your patience.

Long Term Care

- Use a good sunscreen on your eyebrows and lips if you plan to be in the sun for prolonged periods of time. Sun exposure will fade your permanent cosmetics. Note: Prolonged sun exposure can “ash out” your brows (turn them gray).
- The use of Retin A/Retinol/chemical peels or any other rapid skin exfoliation products used regularly on the forehead area will cause your permanent makeup to your eyebrow area to fade prematurely. If you are planning a professional level chemical peel, laser procedure or any MRI scans, please inform the technician of your permanent cosmetics.

PLEASE, KEEP THESE INSTRUCTIONS FOR YOUR FOLLOW UP PROCEDURE!