



PRE-PROCEDURE INFORMATION

All permanent cosmetic procedures are a multi-session process. Touch-up visits are scheduled at 4-6 week intervals.

Be prepared for the initial color intensity of your procedure to be significantly sharper, brighter, or darker than what is expected for the final outcome. It will take time for this transition based upon how quickly the outer layer of your skin exfoliates.

While these tattooed pigment colors may initially simulate the exact color and tone desired, they will not always remain a perfect match. Tattooed pigment colors are constant, while your own skin color will vary depending on exposure to cold, heat, sun, and circulatory changes. Since delicate skin or sensitive areas may swell slightly or redden, some clients feel it is best not to make any social plans for a day or two following any procedure. It is always best to avoid these procedures within months prior to important life events such as weddings. Procedures may take longer than expected to be complete under some circumstances.

1. If desired, wear your normal make up or bring your brow, eye and/or lip pencils to your consult. This will help me to visualize the preferred color. Please do not wear mascara to an eyeliner procedure.
2. Any tweezing or waxing should be done at least 48 hours prior to the procedure; electrolysis no less than 5 days before. Do not resume ANY method of hair removal for at least two weeks.
3. Any eyelash or eyebrow tinting or eyelash curling should be done no sooner than 48 hours before, or two weeks after the procedure.
4. DO NOT wear contact lenses during or within 48 hours following the eyeliner procedure. Remember to bring your glasses. You may resume wearing your contact lenses as soon as your eyes return to their pre-tattooed condition.
5. If you have taken Benadryl® prior to the procedure, as a safety precaution, we recommend that you have someone available to accompany you or drive you home.
6. Refrain from the use of alcohol, aspirin, aspirin-containing medications, ibuprofen, or other blood-thinning medications for seven days before and two days after any procedure. Refrain from judgment-altering drugs for at least 24 hours prior to any procedure. No medication should ever be discontinued without first consulting your physician. A skin test is offered upon request.

NOTE: The outcome of all permanent cosmetic procedures is dictated by the canvas (your skin). The better condition your skin is in, the better the final result will be. Very oily, dry, or sun-damaged skin can be very difficult to achieve a beautiful, even result. Mature clients may need an additional 1-2 weeks healing for the final results to appear.

HELPING WITH PAIN CONTROL

- Topicals are applied for 20-30 min before and several times throughout the procedures.
- Permanent makeup procedures will benefit from two Tylenol® (if you are able to take) along with two Benadryl® (if you are able to take) for the relaxation aspect, Benadryl® taken before the procedure may reduce swelling and also helps the eyes from watering so much during eyeliner procedures.

AFTER CARE INSTRUCTIONS

Proper care following your procedure is necessary to achieve the best results. Keep in mind that in many cases, some unevenness of color is to be expected. Plan on a touch-up visit. The purpose of the touch-up visit is to correct any color or shape issues. Please review the following directions and refer to them as necessary. If during your healing process you have any questions or concerns, please contact us.

1. Gel cooling packs (provided) or ice packs protected with a cloth may be applied as necessary to reduce swelling. Sleeping slightly elevated helps alleviate swelling sometimes seen in the morning after facial procedures. Do not use ice packs on lip procedures.
2. Wash your hands before touching any treated area. Cotton-tipped applicators may be used to gently cleanse the eye area. Do not expose the area to dirty or unsanitary conditions. Wearing glasses outdoors is a good way to protect new eyeliner from dust, etc.
3. Some itching is normal. **DO NOT PICK, PEEL, OR SCRATCH** the treated area or your color may heal unevenly and you risk scarring and infection.
4. No makeup is to be applied around the tattooed area during the first week of healing (5-7days). After any eyeliner procedure, use new mascara. Do not use an eyelash curler for two weeks.
5. Do not expose your healing skin to direct shower spray, skin creams, ointments, or lotions other than what you have been instructed to use for at least 5 days following your procedure.
6. Do not expose your healing skin to direct sun, tanning beds, hot tubs (tub bath if body area treated), saunas, salt water, chlorinated pools, or extremely hot water for 2 weeks following your procedure.
7. Do not swim in lakes or rivers for 2 weeks following the procedure.
8. If you are planning chemical exfoliation, or other medical procedure, please inform your physician of your cosmetic tattoo.
9. When healed, always use a good sunscreen daily. Even lips require protection. Sun exposure will fade your permanent cosmetics and may cause irritation even years later.

Note: The better you take care of your skin and protect it from UV rays, the better the outcome and lifespan of the permanent cosmetics procedures.

FOLLOWING THE RIGHT PRE-CARE AND AFTERCARE CAN TRULY MAKE A MASSIVE DIFFERENCE ON YOUR PROCEDURES RESULTS!

PLAN A TOUCHUP VISIT

This is exactly what the name implies. Your permanent makeup will more likely than not need to be touched up. The goal of this visit is to fill in any areas that need enhancement. Whether it is adding a few lines to the eyebrow or adding more thickness to eyeliner, the touch up is when we put in more perfection! The cost of this appointment is \$50.

APROXIMATE HEALING SCHEDULE FOR PERMANENT COSMETICS

- When scheduling an appointment date for a permanent makeup procedure, keep in mind the healing time for the procedure.
- Tattooed area will be tender immediately after (Tylenol® will help), but you are able to go back to work or continue your daily routines with some exceptions that are listed below:
 - Eyebrows will appear very dark immediately after the procedure. This is temporary. The color will progressively lighten each day as it heals.
- With permanent eyeliner, you will want a few days afterward without any special social plans or strenuous activity. Eyeliner immediately after will appear extremely bold in color and thicker due to any swelling. The day of the procedure is usually a down day, I recommend going home and cooling down the eyes. Keep yourself elevated as to not promote swelling and bruising. Sometimes the following day can be worse than the first so plan on taking an extra day off just in case you fall in that category. Everyone heals differently. A lot depends on the condition of your skin and the thickness of the liner you choose.
- Lip color is extremely bright and vivid along with some moderate swelling for the first 24-48 hours. You will want 1- 2 days before going out on the town. Most clients lose approximately 60% of the initial implanted color within the first couple of days. Full lip color just puts pigment back into the lips for a more youthful looking appearance. It will require a follow-up appointment to achieve a bolder lip color.

**REMEMBER, WITH THE PROPER PREP AND AFTERCARE ROUTINE YOU WILL
HAVE MUCH BETTER RESULTS WITH YOUR PERMANENT COSMETICS
PROCEDURE!!**

PERMANENT EYELINER AFTERCARE INSTRUCTIONS

- Gently blot the area with sterile Q-tip (provided) to absorb excess lymph fluid. Do this every 10 to 15 min for the first couple of hours until the weeping/oozing has stopped.
- Eyeliners require cold packs (provided) as soon as you get home. Because the tissue is already in a delicate condition, cooling the skin is beneficial; freezing it is not! Using refrigerator temperature cold packs is safer. You can cool/ice the eyes by applying gel compresses (from refrigerator), Apply the compresses in 10 min. intervals.
 - Day 1-5 WASH
- -Gently wash once daily with a mild soap or baby shampoo (provided) to remove the old layer of Tattoo Goo®, bacteria, and dead skin. Don't worry, THIS DOES NOT REMOVE THE PIGMENT!
 - With a very light touch, use your fingertips to gently cleanse the eyeliner. Rub the area in a smooth motion for 10 seconds and rinse thoroughly. To dry, gently pat with a clean tissue. Let air dry for five minutes before you reapply Tattoo Goo® ointment.
 - Day 1-5 MOISTURIZE
 - Apply a rice grain amount of Tattoo Goo® ointment (provided) to dry eyeliner with a cotton swab or thoroughly cleansed fingertips and spread it across the treated area. Be sure not to over-apply as this will suffocate your skin and hinder the healing process. The ointment should be barely noticeable on the skin.
 - Never put the Tattoo Goo® ointment on a wet or damp tattoo.
- After five days you can start wearing mascara again but a new tube is recommended to prevent infections.

WHAT TO EXPECT

Day of: This can vary from slightly puffy to swollen, heavy lids; light sensitive and possibly bloodshot eyes. It's advisable to sleep in an elevated position to help reduce swelling at night.

Day 1: Eyes will be swollen and perhaps a bit 'crusty' upon waking. The swelling will reduce after being in an upright position and from blinking and increased circulation to the area. Avoid heavy lifting, physical exertion, and crying.

Day 2: Eyes will be less swollen, but will feel tight. The lash area will feel sore if touched.

Days 3-4: The top layer of skin will begin to flake off in little stitch looking lines, although some people do not notice the exfoliation. DO NOT PICK— you will pull pigment out and end up with uneven color. Blinking helps eliminate the small pieces of pigment and epidermis that has detached. **It is important not to pick at it or rub the eyes.**

Days 7-9: All shedding should be complete. You are safe to put your face back in the shower spray. During this time, the eyeliner may appear to have vanished. This is a normal part of the healing process, and the pigment will re-emerge.

Day 10: Pigment, if it faded, should have returned. What you see now is very close to the healed result. If it is not as you like, please wait 4-6 weeks and return for a touch-up procedure.

MICRO-BLADING/EYEBROW AFTERCARE INSTRUCTIONS

-Gently blot the area with a sterile gauze pad (provided) to absorb excess lymph fluid. Do this every 10 to 15 min for the first couple of hours until the weeping/oozing has stopped. Removing this fluid prevents hardening of the lymph.

- Day 1-7 WASH

-Gently wash once daily with a mild soap or baby shampoo (provided) to remove the old layer of Tattoo Goo®, bacteria, and dead skin. Don't worry, THIS DOES NOT REMOVE THE PIGMENT!

-With a very light touch, use your fingertips to gently cleanse the eyebrows. Rub the area in a smooth motion for 10 seconds and rinse thoroughly. To dry, gently pat with a clean tissue. Let air dry for 5 minutes before you reapply Tattoo Goo® ointment.

- Day 1-7 MOISTURIZE

-After your eyebrows are dry, apply a rice grain amount of Tattoo Goo® ointment with a cotton swab or thoroughly cleansed fingertips and spread it across the treated area. Be sure not to over-apply as this will suffocate your skin and hinder the healing process. The ointment should be barely noticeable on the skin.

-Never put the Tattoo Goo® ointment on a wet or damp tattoo.

WHAT TO EXPECT

Day 1-2: What you see is about 20-60% darker, bolder, and more solid than what your healed result will present. There may be minimal swelling; however as the eyebrow area typically does not retain much fluid, swelling will be limited. The top layers of skin will begin to shed about day 3-5 and you will see a loss of color. This is normal.

Day 3: Your eyebrows may begin to itch and the pigment may appear somewhat raised. **DON'T SCRATCH THEM!**

Day 4-6: Your skin is now rapidly exfoliating and if left alone, will shed evenly. The color under the skin will continue to appear light until the epidermis becomes more transparent.

Day 30-40: Your eyebrows have had a full cycle of cellular regeneration in which the tattoo has now become part of the dermis, seen under the epidermis. If you are not 100% happy, call and come in for your touch-up.

PERMANENT LIPSTICK AFTERCARE INSTRUCTIONS

- Lips will ooze/weep the first day, just blot with a sterile gauze pad (provided) and reapply Tattoo Goo® ointment.

Lips will be tender at first. Drink through a straw. Choose foods you can place in your mouth with a fork without touching your lips.

- Lips will shed/peel the first layer of color off within 48 hours of procedure, keep applying Tattoo Goo® for moisture.

During the peeling process it may look like there is not much color, but it will be more apparent by the second week.

- Final result appears in 6-8 weeks.

IMPORTANT REMINDER FOR ALL PERMANENT MAKEUP PROCEDURES

- Keep all make-ups and moisturizers, including sunscreen, away from the treated area. The only thing that should touch the treated area is the Tattoo Goo® ointment while healing.
 - Avoid hot, sweaty exercise for one week.
 - DO NOT pick, scratch or rub treated area.
 - Avoid heavy sweating and long hot showers for the first 10 days. Let any scabbing or dry skin naturally exfoliate away. Picking can cause scarring or loss of color.
- No facials, Botox®, chemical treatments or microdermabrasion for four weeks.
- Avoid direct sun exposure or tanning for four weeks after procedure.
 - Avoid swimming, lakes, and hot tubs for 2 weeks.
 - **Important note about showering:** Limit your showers to five minutes so you do not create too much steam. Keep your face/procedure out of the water while you wash your body, then, at the end of your shower, wash your hair. Your face should only be getting wet at the very last end of the shower. Avoid excessive rinsing and hot water on the treated area.

We look forward to seeing you soon!!!



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