

## PERMANENT MAKEUP PRE-PROCEDURE ADVICE/REQUIREMENTS

### Key requirements for Permanent Makeup:

- You cannot have signs of cough, cold or illness –you must be healthy!
- You cannot be pregnant or nursing
- You cannot be taking blood thinning medications
- You must be 18 years of age
- Skin in the treatment area must be healthy and free from infection, scabs, pimples/blemishes and irritation. If any exist, your procedure will need to be rescheduled until the area is healed

### WHAT TO **AVOID BEFORE** your appointment?

- Do not take over-the-counter pain medications (Aspirin, Advil, Ibuprofen, Aleve, etc) OR Omega 3 (Fish Oil), Curcumin/Tumeric, Vit K, Vit E or any type of HAIR Supplements for **1 week prior** to procedure (to prevent excess bleeding)
- Avoid alcohol **24 hours prior** to the procedure (to prevent excess bleeding)
- Don't drink coffee or caffeinated energy drinks **on the day of** (before) treatment
- Avoid heavy workout (excessive sweating) **the day of** your procedure to avoid pores from expanding (you will also avoid activities that cause heavy sweating for **2-3 days after** to promote optimal healing)
- Do not tan or have intense sun exposure for **3 days BEFORE** treatment (and avoid exposure after until fully healed)
- Avoid hair removal (tweezing/waxing) within **2-3 days prior** to the procedure; laser hair removal should not be done at least **5 days before or after** the procedure
- For eyeliner: stop using all lash serums for **at least 2-3 weeks prior** to procedure (Latisse, Lash Boost Rodan & Fields) know that results can be compromised by these products!
- Avoid/stop all AHA or Retinol products **A MINIMUM of 8-10 DAYS, preferably 2 weeks prior** to the procedure
- Exfoliating treatments (micro-needling; micro-derm) & chemical peels should be avoided **2 weeks prior** to procedure
- Chemical peels or facials should be avoided **2 weeks prior** to procedure -and not done post-treatment until after skin is fully healed (3-4 weeks)
- Skin laser treatments should be avoided **3 weeks prior** to procedure -and not done post-treatment after skin is fully healed (3-4 weeks)
- Botox and Fillers should be done **2 weeks AFTER** your procedure to avoid alteration of shape/design
- For Lip Color appointments, wait until after and fully healed (4 weeks) before having any lip filler procedures
- You must be off Accutane for **at least one year** prior to any Permanent Makeup
- Getting a procedure done while during your menstrual cycle can make you hyper-sensitive at the procedure site



For Brow and Liner: **Show and fix your hair as you would for the next few days** so you can avoid washing hair (if possible) for 2-3 days AFTER your treatment. This is not as critical for Lip procedures, but you will be avoiding water on treatment area for ALL procedures. Do not wear your finest clothing -you do not need to dress up 😊

You will be given post-procedure care instructions after your appointment. These guidelines should be followed carefully to avoid infection and promote pigment retention. A key recommendation is to avoid water on the treatment area for 5-7 days. This is critical for pigment retention and the overall success of your results. You will be given full aftercare instructions. For further insight prior to your appointment on what you will avoid POST-procedure, please go to website and review FAQ's [www.lastingimpressionpmu.com](http://www.lastingimpressionpmu.com)