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## PRE-TREATMENT AND AFTERCARE INSTRUCTIONS

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*\*\*Please read carefully before booking an appointment.\*\**

### PREPARING FOR YOUR TREATMENT

You will get much better results when you properly prep. It all starts with a good canvas! The procedure area must be healthy, strong, non-sensitive and non-irritated. Pre-Treatment Instructions are designed to limit bleeding and skin sensitivities during the service. Excessive bleeding during the procedure can dilute and expel the pigment color and lead to poor results.

Here's how to get your skin ready for the procedure.

- The week prior to your appointment, please moisturize the area on a daily base.
- Ensure that you have received a patch test a least 48 hours prior to treatment.
- Having the procedure during your menstrual cycle or hormone treatments may increase your sensitivity.
- Please get plenty of rest and drink lots of water to hydrate prior to procedure. The more fatigued you are, the lower your immune system is, and infection is more likely to occur.

In order to avoid excessive bleeding and poor color deposit:

- Do not drink alcohol 24 - 48 hours before your tattoo.
- Do not consume coffee or any caffeine before your procedure.
- Do not take any blood thinning medication for a minimum of 48 hours prior to procedure. This includes Aspirin, Ibuprofen, Vitamin E, Niacin, or any fish oil supplements.

<b>For Brows</b>	Please wax/thread/tweeze any stray hairs 7 days prior to treatment.
	Exfoliate the brow area the night before.
<b>For Eyeliner</b>	Please remove all eye makeup before arriving.
	Eyelash extensions must be removed at least 2 weeks before and 4 weeks after. Any glue left behind can interfere with the ink.
	No lash tinting, lifting, perming or curling for a minimum of one week prior.
	If you wear contact lenses, please just wear your glasses for the appointment. Be prepared not to wear contacts for a few days, your eyes may be a little swollen or tender following the treatment.
	Do not use any growth serums (i.e. Latisse®, RapidLash®, or RevitaLash®) for a minimum of 4 weeks prior and 3 weeks after your treatment.
	If you have had cataract, Lasik, and/or blepharoplasty, you <i>must</i> consult your physician and get clearance. Most physicians require 3-9 months before you can have your eyeliner done, due to slight pressure and stretching on and around the eye during the procedure.
<b>For Lips</b>	If you are prone to cold sores/fever blisters/herpes simplex it is likely you will have an outbreak. You must contact your physician to obtain 5 days worth of anti-viral medication such as, Valtrex, to prevent outbreak. Follow your physician's instructions.
	Begin Anti-Viral medication 2 days prior to procedure.
	Exfoliate and moisturize your lips for 5 days leading up to your appointment. You can use a gentle scrub and lip balm for this.

## PRE-TREATMENT RESTRICTIONS

<b>6 Months</b>	Post-filled for lips. Recommend getting lip blushing first, then lip filler injection once lips are healed.
	Wait six months after lip implant and get written clearance from your surgeon.
<b>60 Days Prior</b>	DO NOT get a chemical and laser peels.
	DO NOT get Botox or Fillers for those who so not regularly receive injectables.
	Cosmetic Laser Tattoo removal should be done 8 weeks prior.
<b>42 Days Prior</b>	DO NOT use Retinol, Retin-A, Microdermabrasion, Alpha-Hydroxy Acid (AHA), any chemical exfoliant or brightening skincare products.
<b>28 Days Prior</b>	DO NOT get Botox for those who gets it on a regular basis.
<b>14 Days Prior</b>	DO NOT have a tan or sunburn on your face.
	DO NOT have any type of facial.
	VOID fish oil, prenatal vitamins, nutritional shakes, Hair, Skin, and Nails supplements.
<b>7 Days Prior</b>	DO NOT pick, tweeze, wax, tint, thread or perform electrolysis.
	DO NOT apply on eyebrows any serum containing acid.
	DO NOT take Fish Oil or Vitamin E (natural blood thinner).
<b>48 Hours Prior</b>	DO NOT take aspirin, Advil, ibuprofen, Vitamin E, or CoQ10.
	DO NOT exercise.
<b>24 Hours Prior</b>	DO NOT consume alcohol or large amount of caffeine.
<b>APPOINTMENT TIME!</b>	Get ready to shine!

## THE DAY OF YOUR TREATMENT

- Do not work out the day of the procedure.
- Drink lots of water and ensure you have a good night sleep before your appointment.
- The process could take 2-3 hours so please eat before your treatment to help with your blood sugar levels.
- Any medical conditions should have been discussed at the time of booking.
- You must be in good health, 18 years of age, not pregnant or breastfeeding.
- Ensure you have plenty of time for your appointment.

## THE HEALING PROCESS

Taking care of your new permanent cosmetic treatment is extremely important to how you will look after they are fully healed and the longevity of your procedure. This is your responsibility so we highly recommend following these aftercare instructions. The key to properly healing is patience, NOT picking, and controlled moisture! Spattering of water is okay, do not get your tattoo saturated

### Healing Process for Brows

<b>DAYS 1-5</b>	The pigment can appear very sharp or dark immediately after the procedure. The color of the pigment will soften gradually. Keep your brows clean and dry. Do not touch them! They may be red and tender.
<b>WEEKS 1-2</b>	Brows will start developing a thin layer of scab, continue keeping your brows dry and clean. The color may even appear "patchy." Do not pick at the scabs. Let the skin heal naturally.
<b>WEEK 3</b>	You may experience "fading," but this is new skin growth that makes the pigment look dulled. Be patient as there is still healing taking place underneath. Once all the scabs have fallen off, you may return to your normal skincare routines.
<b>WEEK 4</b>	You will notice that the pigment has "reappear" after the new skin has healed. You will notice areas that may need retouching. This is normal and indicates that your Perfecting Session is near!
<b>WEEK 6</b>	Your brows are now completely healed!

## Healing Process for Eyeliner

<b>WEEKS 1-2</b>	It is normal to experience minimal swelling and tenderness usually 1-3 days following the treatment. Around week 1-2 post procedure, the skin naturally exfoliates and sheds. While healing, the eyeliner tattoo will look spotty.
	The first week following your treatment, the pigment will appear much darker. Healed eyeliner will fade up to 50%.
<b>WEEKS 4-8</b>	During weeks 4-8 when the skin completes healing, you will see the pigment become more visible.
	A Complementary Perfecting Session approximately 8-12 weeks after your initial appointment is necessary in order to achieve that richness of color, achieve symmetry, and density in the shape.

## Healing Process for Lips

<b>DAYS 1-4</b>	Expect moderate swelling up to three days following the procedure. Your lips will look swollen and slightly larger than normal as if you had a lip filler injection. The degree of this varies from person to person.
	The pigment and lip color will look darker initially, like a bold lipstick. The size of your lips will shrink back to normal and the color will significantly fade up to 50% within the first 5 days.
	You will lose color on the inside of your lips first, the edges last. Right after the procedure lips normally feel dry, chapped, tight and tender to the touch. Similar to how a sunburn feels.
<b>DAYS 5-25</b>	Lip pigment color may fade up to 50% after the first few days. Scabbing may make the lips feel thick. While healing your lip color will look spotty. This is due to oxidation of the pigment and the regeneration of the skin.
	Multiple sessions may be required to achieve the desired lip results. Your Complimentary Perfecting Session must be scheduled 6-12 weeks after your first initial appointment and is necessary in order to achieve that richness of color, achieve symmetry, and density in the shape.

## THE FOLLOWING MUST BE AVOIDED FOR **14 DAYS** AFTER TREATMENT:

- No picking, peeling, scrubbing or scratching the treated area (this is EXTREMELY important to the healing process).
- Avoid excessive sweating (exercising, gardening, hiking, etc.) The increased blood circulation and sweating may cause your brows to heal prematurely.
- Direct sun exposure or tanning for **4 weeks** after the procedure. Wear a hat when outdoors.
- No heavy sweating, long hot showers, hot saunas, and steam rooms.
- Avoid sleeping on your face.
- Keep your hair from touching your eyebrow.
- Avoid recreational water activities such as pools, lakes, hot tubs, hot baths and Jacuzzi to avoid bacterial infection.
- Avoid cosmetic makeup or skin care products including sunscreen on the area.
- Avoid lasers, chemical treatments, or peels and/or any creams containing Retin-A/Glycolic Acid on the face. (NOTE: This will cause tattoo to fade at an accelerated rate.)
- Avoid consuming alcohol in excess, as it may lead to slow healing.
- Avoid driving in open air vehicles such as, convertibles, boats, bicycles, or motorcycles.
- DO NOT rub, touch, pick or scratch the treated area.
- No facials, laser, chemical treatments, peels or microdermabrasion for **4 weeks**.

### **Important Reminders:**

- Use a fresh pillowcase.
- Let any scabbing or dry skin naturally exfoliate away. Picking can cause scarring or loss of color.
- Limit your showers to 5 minutes so you do not create too much steam. Keep your face 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 end of the shower. Avoid excessive rinsing and hot water on the treated area.
- Allergic Reaction or Infection: It is rare, but there is a chance of allergic reaction or infection. If there are any type of irritation, rash, or bumps stop using the ointment. If you develop a fever, yellow or green discharge with a foul odor, please contact your physician immediately. It is normal that you may experience redness, swelling, bruising, or tenderness around the treatment site.

## AFTERCARE INSTRUCTIONS for Eyeliner

<b>DAYS 1-5</b>	Take Tylenol as necessary for discomfort.
	Eyes may feel dry or irritated. Lubricating refresher drops may be used.
	Have sunglasses available. Eyes may be light sensitive or even dilated immediately after. The sunglasses are also handy for hiding puffy eyes.
<b>DAYS 7-14</b>	Refrain wear makeup on or around the eyes for a minimum of 7 days.
	Apply ointment with clean fingers twice daily for 10 days after cleaning.
	Do not use an eyelash curler for 2 weeks. Clean eyelash curler with alcohol prior to using.

## AFTERCARE INSTRUCTIONS for Lips

<b>DAY 1</b>	<i>Immediately following the procedure, lips will feel dry, chapped, tight and tender to the touch. They may appear swollen and bright in color. For 4 hours after treatment, apply light pressure on lips with a clean paper towel to remove any lymph. After 4 hours, start applying ointment (Aquaphor) as needed to keep lips constantly moist.</i>
	<i>Apply ointment on lips several times a day. This should be done for at least 10 days post treatment. Do not allow lips to become dry. This may interfere with healed color. During the day if lips feel dry, apply a light layer of ointment. Make sure to dab/press onto skin, do not rub it in.</i>
	After treatment to avoid: spicy, citric, and salty foods so as not to irritate your lips.
	Keep your lips as dry as possible. Use a straw for drinking.
	Do Not touch your lips with your hands to prevent irritation or infection.
	Avoid stretching your lips.
	Complete your antiviral medication to prevent an outbreak.

	No soaps, cleansing creams, or chemicals on lips. Wash your face carefully avoiding the lip area for 10 days.
	Avoid moisture to the lips such as hot soups and hot coffee for 10 days. Drink everything through a straw until lips completely peel.
	No smoking while lips are healing (10 days minimum).
	No kissing, rubbing or friction on your newly tattooed lips until after 10 days or you may lose pigment.
	DO NOT PICK dry healing tissue or you WILL remove the pigment color!
	While eating, do not constantly wipe your lips with a napkin or keep licking your lips at this will impede the healing process.
	After every meal gently rinse and clean lips with water and pat dry, then re-apply ointment.
	Avoid water on the new pigmented areas as much as possible the first 7 days (when showering, washing face, etc.). Have ointment on the pigmented area to protect lips from water.
	Before brushing your teeth, seal lips with ointment first. Put cotton balls in gum areas so toothbrush will not rub against the lips. Use a small amount of toothpaste. No whitening toothpaste (during the healing process). Use a straw to retrieve water to swish with.
<b>WEEK 2</b>	Lips are done peeling, color is light. You may return to normal routines. Lips will continue to heal, up to 6 weeks. Every week more color will surface, it is important to continue keeping lips moist to get the best color at the end of the healing phase.
	You may wear lipstick, lipgloss, and chapstick after 10 days, make sure the tube of lip product is new.
	Do not bleach/whiten your teeth while your lips are healing (about 2 weeks).
<b>WEEKS 4-8</b>	Do not expose the lips to direct sunlight or tanning beds for 4 weeks. This is new skin and will sunburn easily and direct sun prematurely may also cause scarring and alter pigment color.
	Avoid underwater swimming for a minimum of 4 weeks to avoid bacterial infection.



## AFTERCARE INSTRUCTIONS for Brows

<b>TREATMENT DAY:</b> <i>Absorb</i>	Gently blot the area with a clean tissue to absorb excess lymph fluid. Do this every 5 minutes for the full day until oozing has stopped. Removing this fluid prevents hardening of the lymph. (This does not apply to lips.)
<b>DAYS 1-10:</b> <i>Wash</i>	Wash daily to remove bacteria and dead skin. Gently wash your procedure area each morning and night with water and an antibacterial soap like Dial Soap, Cetaphil or Neutrogena. With a very light touch, use your fingertips to gently cleanse the affected area. Rub the area in a smooth motion for 10 seconds and rinse with water ensuring that all soap is rinsed away. Dry by gently patting with a clean tissue. DO NOT use any cleansing products containing acids (glycolic, lactic, or AHA), or any exfoliants.
<b>DAYS 1-10:</b> <i>Moisturize</i>	Apply a very thin "chapstick" layer of ointment with a Q-tip across the treated area. Avoid a "lipgloss" amount as this will suffocate your skin and delay healing. Less is more, this helps to prevent scabs from forming. Never put the ointment on a wet or damp tattoo. Continue using ointment until your brows are no longer scabbing.

## PROTECT YOUR INVESTMENT TIPS

1. Exposure to UV rays from the sun or tanning beds will cause premature fading and discoloration of the pigment. Use goggles to prevent premature fading.
2. Protect yourself from UV exposure by staying in the shade, wear sunscreen (SPF 30 - SPF 50) on your brows, wear a hat, and sunglasses.
3. Daily hot steam showers feels great, but unfortunately it causes dehydrated skin.
4. Laser treatment will alter the color of your pigment. Prior to any laser services, use a 20% zinc oxide to cover your brows.
5. Please inform our MRI tech that you have permanent cosmetic tattoo.
6. Apply a barrier layer to the brows, such as Vaseline or Aquafor®, before swimming in chlorine to prevent premature fading.
7. There are certain skincare products and treatments that can cause premature fading and pigment alteration. Apply a barrier layer to the brows, such as Vaseline or Aquafor®, before using:
  - ▶ Glycolic acid
  - ▶ Salicylic acid
  - ▶ Alpha hydroxy acid
  - ▶ Hydroquinone
  - ▶ Retinol/Retin-A
  - ▶ Vitamin C
  - ▶ Chemical Peels
  - ▶ Microdermabrasion
  - ▶ Obagi product
  - ▶ Any skin brightening
8. A touch-up appointment every 12-24 months is recommended to maintain your shape and color.