



## PRE-TREATMENT INSTRUCTIONS

- ♥ Please plan on wearing a mask over your nose and mouth for the entirety of your visit (unless your service is Lip Blush). If this is an issue, please contact me as soon as possible.
- ♥ If possible, do not take aspirin or blood thinners 5-7 days before procedure. Non-aspirin pain relievers can be taken up to one hour prior to procedure. DO NOT discontinue medication prescribed or recommended by your physician!
- ♥ Avoid alcohol 24-48 hours prior to your appointment.
- ♥ Avoid caffeine the day of your appointment.
- ♥ If you take antibiotics before dental visits, you are required to check with your doctor to determine if antibiotics are needed for your permanent cosmetic procedure.
- ♥ Try not to make social plans for the day of your appointment.
- ♥ No plucking, waxing, electrolysis/laser or picking for 1 week prior to your procedure. Permanent hair removal should not be done within 7 days before or after your procedure.
- ♥ Botox or other similar injections may alter the shape of permanent cosmetics. You must wait at least 6 weeks after the last injection at the site of permanent makeup. You should also wait 6 weeks after permanent makeup procedure before getting Botox or similar injections.
- ♥ Skin treatments such as Retin-A used on the procedure must be discontinued for at least 30 days prior to your procedure. Check with your dermatologist if you have used this product within the last 90 days.
- ♥ Accutane must not have been used for at least 1 year.
- ♥ Procedures cannot be performed over fresh sunburns.
- ♥ Bed-tanning should be avoided for a week.

## POST-TREATMENT 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, which is why keeping your follow-up appointment is so important. Please review the following directions carefully and refer to them as necessary. Do not hesitate to contact me at any time during your healing process if you have any questions or concerns.
- ♥ Ice packs protected by a cloth may be applied as necessary to reduce swelling. Sleeping slightly elevated may assist in the alleviation of swelling that may occur in the morning.
- ♥ Vitamin A+D ointment will be provided for you. Please apply this ointment **sparingly** (the size of a grain of rice) twice a day for 7-10 days over the treated area using a clean cotton-swab or freshly washed hands.
- ♥ **WASH YOUR HANDS** before touching the treated area for 7 days. Keep your pillow cases clean. A new or freshly laundered pillowcase is recommended every night.
- ♥ Do not expose your healing skin to direct sun, tanning beds, hot tubs, chlorinated water, saunas, salt water, direct shower spray, hot water, skin creams, ointments other than provided, makeup, or dirt for 2 weeks. Even after you are healed, it is recommended to not expose treated areas to direct sun or tanning beds to promote color retention.
- ♥ Avoid exercise that causes sweating for 3-4 days.
- ♥ Avoid contact with water over treatment site for 24 hours after procedure. Afterwards, **gently clean the area with a mild, unscented soap and water once a day**. Try to avoid more water than necessary to keep clean and **DO NOT SCRUB OR PICK at site until fully healed**.
- ♥ Note some pigment may weep onto pillowcases, so be mindful of your linen choice while healing.
- ♥ No botox, facials, chemical treatments, exfoliants or microdermabrasion for 4 weeks post-procedure.
- ♥ Do not apply makeup on or near site until site is fully healed.
- ♥ Be aware of symptoms of infection or adverse reactions, including excessive redness, swelling, tenderness, fever, rash, and/or purulent drainage. Contact a medical professional immediately if these occur.