

CLIENT PRE-CARE INSTRUCTIONS

PLEASE READ CAREFULLY BEFORE BOOKING YOUR APPOINTMENT. NOT ADHERING TO THESE INSTRUCTIONS CAN IMPACT YOUR HEALED RESULTS.

- It is recommended to eat something before your appointment to make sure your blood sugar levels stay stable during the procedure.
- No excessive alcohol or caffeine consumption 24 hours before your procedure. Alcohol and caffeine can thin the blood, which causes the skin to be hypersensitive, and bleed/bruise more easily.
- Avoid sun tanning one week prior to the procedure.
- Avoid blood thinning medications for 24 hours before the procedure. This includes Aspirin, Niacin (Vitamin B3), Vitamin E or Advil/Ibuprofen, fish oils tablets. Please consult your physician if this is an issue.
- Eyelash extensions should be removed 3 days prior to the procedure.
- No eyelash perm and/or tinting at least 3 days prior.
- Discontinue Retin-A one week prior to the procedure.
- No Botox around the eye area 2 weeks prior.
- Eyelash growth serums like Latisse bring extra circulation to the lash line area which results in more growth of hair/lashes. This can cause the skin to be hypersensitive and bleed easily. It is recommended to discontinue the use of these products at least 3-6 months before your treatment.
- Do not wear any eye makeup on the day of your appointment.
- If you wear contact lenses, please wear glasses on the day of your appointment.
- Please Note: You will be more sensitive during your menstrual cycle.

