

# Lara Jade Beauty

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## *Pre Procedure Instructions for Scar Camouflage*

### **One Week Prior:**

- Avoid the following medications and foods, as their consumption causes an increased likelihood of bleeding problems: Steroids, anti-inflammatories, aspirin, ibuprofen, or any medicines containing aspirin or ibuprofen (i.e. Motrin, Advil, Aleve, Excedrin, Midol). Foods and herbal supplements containing garlic, ginger, ginkgo, Feverfew, St. John's Wort, dong quai, pure licorice, fish oil, Glucosamine or Vitamin E (found in all multi-vitamins). Avoid drinking red wine. If you have any questions about a medication or supplement, please email me
- It is well known that nicotine has a negative impact on wound healing. It is highly suggested to avoid nicotine for two (2) weeks prior to the procedure and two (2) weeks after your procedure.
- If you are taking any medications that have been prescribed by another physician, please review these with your physician.

### **One Day Prior:**

- Do not drink alcoholic beverages 24 hours prior to the procedure.

### **Day of Procedure:**

- Shower and wash area. Do not use any creams on the area being tattooed area.
- Do not work out, consume coffee, or take any blood thinners (listed above).

## *After Procedure Instructions*

### **Scar Camo:**

- Keep the area away from water for the first 24 hours.
- Apply aftercare ointment beginning the evening of day 1 for 3-5 days, 2-3x a day.
- No vigorous exercise for 10 days. The area must be healed and free of scabs before sweating.

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Lara