

PMU BEFORE AND AFTER CARE INSTRUCTIONS

Before permanent makeup, avoid blood thinners, caffeine, and sun exposure for at least 24 hours, and don't wax or use exfoliating products near the area for a week. After the procedure, keep the area clean and dry, avoid touching, scratching, or picking it, and stay away from sweating, sun exposure, swimming, and saunas for 10–14 days. Apply only the recommended ointment in a thin layer and let scabs fall off naturally. [🔗](#)

Before the procedure

- Avoid blood thinners like aspirin, alcohol, and fish oil for 24-48 hours.
- Avoid caffeine on the day of the procedure.
- Avoid sun exposure or tanning for 3 days prior.
- Do not wax or tweeze eyebrows for at least a week beforehand.
- Do not use exfoliating products, such as chemical peels, or have them done for 1–2 weeks prior.
- For lip procedures, if you are prone to cold sores, start antiviral medication 2 days before.
- Arrive with clean, makeup-free skin in the treated area. [🔗](#)

After the procedure

- Keep the area clean and dry for 7–10 days, gently cleansing with lukewarm water and a mild, unscented soap as instructed.
- Pat the area dry with a clean tissue or cloth, do not rub.
- Do not touch, pick, or scratch the area, as this can cause scarring and pigment loss.
- Apply the recommended ointment in a very thin layer with a clean cotton swab, as directed. Do not overuse it.
- Avoid sweating, saunas, hot tubs, and swimming for 7–10 days.
- Limit showers to 5 minutes and avoid getting the treated area directly in the water.

- Avoid direct sun exposure and tanning for at least 4 weeks. Use sunscreen after the area is fully healed to prevent fading.
- For eye procedures, avoid eye makeup for at least a week and do not use an eyelash curler for two weeks.
- For lip procedures, eat soft foods and drink through a straw for 24–48 hours and avoid spicy or salty foods.
- Do not have facials, Botox, or chemical treatments for at least 4 weeks.
- Let scabs and dry skin fall off naturally. Picking them off can cause scarring and color loss.
- Wait for the final results to appear, as the color will look stronger initially and then shed, becoming softer before the final result sets in about 4–6 weeks.