

PRE AND POST CARE

Permanent Makeup Pre-Care

- Do not work out 24 hours before procedure.
- NO alcohol or caffeine 48 hours before procedure.
- Avoid sun and tanning 30 days prior to procedure. Pigment will heal very dark on tan skin.
- Do not take Aspirin, Niacin, Vitamin E or Advil/Ibuprofen 24 hours before procedure.
- Avoid Fish Oil, Prenatal Vitamins, and “Hair, Skin, Nail” supplements 24 hours prior to procedure.
- Discontinue Retin-A 4 weeks prior.
- Refrain from use of any Alpha Hydroxy Acid (AHA) products close to the eyebrow area 4 weeks prior to and 4 weeks after your procedure.
- Waxing treatments should be performed no less than 3 days prior to your enhancement.
- No brow waxing or tinting two weeks before.
- Refrain from mood-altering drugs for at least 24 hours prior to any procedure.
- No Accutane 1 year prior to any permanent make procedure.
- For lip procedure have to pre-treat cold sore by taking anti-viral medication.
- **Do not tweeze, wax or thread for 7 days prior. You may RESUME AFTER 2 WEEKS.**
- **Please Note:** You will be more sensitive during your menstrual cycle.
- **No doctor prescribed medication should ever be discontinued without first consulting your physician.**

Permanent Makeup Post-Care

- Keep the area completely dry for 10 days.
- Apply the aftercare ointment given 1-3 times a day (for the amount of days recommended by your artist) with freshly washed hands.
- DO NOT rub, pick or scratch the treated area. Let any scabbing or dry skin naturally exfoliate. Picking can cause infection, scarring and pigment loss!
- COMPLETELY avoid direct sun exposure and tanning beds for a minimum of 4 weeks after your procedure. Direct sunlight can cause the pigment to change color while it is healing and can also cause hyper pigmentation and scarring.

- Avoid pool, sauna, steam rooms, hot showers and/or hot baths for 3 weeks.
- Avoid sweating for a full 10 days. Any physical effort, gym, hot weather, any other activity that may cause sweating through or on the brows will expel pigment from the dermis producing poor results.
- Avoid sleeping on your face/brows for the first 10 days.
- Keep your bangs and hair pulled back from your face for the first 10 days.
- NO makeup or skincare products to be used on the treated area for two weeks.
- NO facials, chemical treatments and microdermabrasion for 4 weeks.
- After 10 days, once the area has healed completely, consider using sunblock when going out in the sun to stop the color from fading.
- Eyebrow tinting should not be undertaken for 4 weeks after your procedure.
- Avoid Retin-A, Chemical Peels and Microderms around the brow area once healed.

Please note: Eyebrows or Lips will appear darker and bolder due to natural scabbing and healing for the first week. This is very common for all permanent cosmetic procedures.