



Permanent Makeup

Pre-procedure instructions

FOR THE BEST RESULT

please follow below guidelines

- Do not work out 24 hours before procedure
- No alcohol 24 hours before procedure
- Limit caffeine the day of procedure
- Avoid sun and tanning one week prior
- Try to come to your appointment makeup free
- Do not take Aspirin, Ibuprofen, Vitamin E, Fish oil, Niacin, or CoQ10 (blood thinners) 72 hours before unless medically necessary, then consult MD
- You must be off Retin-A & Tretinoin for 30 days prior to your appointment and avoid using on or around the area for 30 days after, please know that the continued use will fade pigment prematurely
- You have to be off Accutane for 1 year
- You may be more sensitive during your menstrual cycle
- If you have any pre-existing medical conditions, please consult your physician before making an appointment

PLEASE NOTE

You will likely need a touch-up 8 weeks after your initial appointment

I do not work on pregnant & breastfeeding women

BROWS

Do not pluck, wax, or tint your brows within 7 days of your appointment

Botox should be performed at least 2 weeks before your appointment

EYELINER

Discontinue lash growth serums (Latisse, etc) 7 days prior to appointment. Continued use of this will cause premature lightening of your new eyeliner.

If you wear contacts, do not wear them the day of your appointment

Lash extensions should be removed 1 week prior to your appointment

LIPS

If you have a history of cold sores you'll need to start taking an anti-viral prescription like valacyclovir or acyclovir at least a week BEFORE your proposed procedure and for one week after. You may also take OTC Lysine.

You will want to start a lip scrub once a day for 3 days before your procedure so that your lips are prepped and don't have a rough texture, which will prevent proper pigment saturation and a poor healed result

Filler should be performed at least 4 weeks prior or 4 weeks after your appointment

PLEASE REACH OUT WITH ANY QUESTIONS OR CONCERNS!