

## **Kaleidium Permanent Cosmetics LLC**

### ***Pre-Procedure Care and Instructions – Lips/Lip Liner***

Thank you for choosing Kaleidium Permanent Cosmetics LLC as your premier studio for permanent cosmetic procedures! I am honored to work with you and would like to better explain the permanent cosmetic (micropigmentation) process.

Permanent cosmetic procedures are affected by the unique “canvas” (your skin) they are performed on. Factors such as lifestyle, medications, smoking habits, metabolism, facial surgery or other facial procedures, as well as the skin’s pH balance and age can all contribute to the healing process as well as your overall results, including any potential pigment variations.

For these reasons, permanent cosmetic procedures are not considered complete after your first, or initial, appointment. A touch-up appointment is required and scheduled approximately 6-8 weeks after your initial appointment. This allows you adequate time to heal before returning to the studio. During your touch-up appointment, the final color can be better determined, it can be adjusted if necessary, and any ‘fine tuning’ of the procedure area will be performed at that time. This multi-session process helps ensure your final results are the best they can possibly be, last as long as they possibly can, and that you look and feel absolutely fabulous once your procedure is complete!

#### **General Guidelines for all Permanent Cosmetic Procedures:**

1. Please read the provided medication guide and adhere to recommended and/or doctor instruction, especially when taking prescription medications.
2. Avoid all aspirin products, niacin, Vitamin E, ibuprofen-type products (read labels), fish oils, flaxseed oil, etc., for one (1) to two (2) weeks prior to your procedure since they act as blood thinners.
  - *If you are on any type of **prescribed** blood thinners (Coumadin®, etc.), you must have your doctor's permission to stop the medication for approximately 4-5 days prior to your appointment.*
3. You should not be taking antibiotics the day of your procedure. These medications are designed to fight infection within the body and could potentially cause you to reject the pigments during the healing process.
4. Drink plenty of water several days prior to, including the day of, your procedure. Pigment is better retained in well-hydrated skin, and please avoid alcohol and caffeine for at least 24-hours prior to your procedure date.
5. Please have Vitamin A&D Ointment at home before your procedure for after-care use.
6. For the best results, avoid sun exposure or use of tanning salons or spray tans/self-tanners several days prior to your procedure. Procedures cannot be performed on sunburned skin, freshly sprayed skin, or skin that has recently had self-tanner lotions applied.
7. Sweating can prevent pigments from healing into the skin causing unsatisfactory results. Please avoid steam rooms/saunas, strenuous exercise, hot yoga, swimming, etc. for at least ten (10) days following your procedure.

*Note: Though rare, infection is possible. If you see signs of infection such as persistent and/or increased redness or swelling, fever, drainage, or oozing, please contact your doctor immediately.*

#### **Lip/Lip Liner Procedure-Specific Information:**

1. If you have **ever** had a cold sore or fever blister (HSV-1), **you must** contact your doctor to obtain and take the proper prescription medication to prevent such outbreaks. Doctors typically prescribe an antiviral medication that must be taken completely per their instruction. Failure to comply can have serious implications to your health and the outcome of your permanent cosmetic procedure. No exceptions!
2. It is important to keep your lips moisturized with a moisturizing lip balm or Vaseline prior to your procedure and remember to drink plenty of water several days prior to, including the day of, your procedure. Pigments are better retained in well-hydrated skin. Please have a lip moisturizer readily available for use (as necessary) following your procedure.
3. You must wait at least six (6) weeks between having lip-fillers, or other similar services, performed and any permanent cosmetic procedure completed, especially when having a micropigmentation procedure performed on your lips. If this applies to you, please discuss with me further so we can properly schedule your cosmetic tattooing appointment at an appropriate time. Otherwise, having these type procedures performed closely together could alter the appearance of your lips and negatively impact your permanent cosmetic results once healed.