

PRE-PROCEDURE GENERAL ADVISE FOR PERMANENT MAKEUP

- Delicate skin or sensitive areas may be **swollen** or **red**, so if you have any social plans in the days following after your procedure then bear this in mind.
- Avoid **coffee** or **caffeine** on the day of your treatment.
- Do not take **asprin** or **anti-inflammatory medication** such as ibuprofen 2 days prior to your appointment. Do not discontinue any medication before consulting your doctor.
- Do not consume **alcohol** for 2 days prior to your appointment.
- Do not use **Retin A Skincare** products close to the area to be treated for 6 weeks prior to your procedure.
- Do not use **AHA Skincare** products close to the area to be treated for 4 weeks prior to your procedure.
- Avoid professional **Chemical peels** close to the procedure site for 4 weeks prior to your procedure.
- **Waxing and bleaching treatments** should be preformed no less than 2 weeks prior to your procedure.
- Permanent makeup **cannot lighten** dark tissue.
- **Electrolysis treatments** should be preformed no less than 2 weeks prior to your procedure.



- If you have a history of **cold sores** (herpes simplex) and are scheduling a lip enhancement, it's advised that you use anti-herpes medication such as zovirax ointment that can be obtained from a pharmacy. Use the medication for 1- week prior and 1-week after your appointment upto 5 times a day to reduce the incidence of an outbreak more or less completely. **PMU does not cause cold sores** however, if you carry the virus, it lays dormant in the nervous system and can be aroused by the infusion process.
- **IPL laser hair removal** around the mouth should be carried out no less that 2 weeks prior to your procedure.
- **Dermal fillers** in lips should be preformed no less than 4 weeks prior to your procedure.
- If you are having lip enhancement be prepare to drink though a **straw** for a few days after your permanent makeup.
- if you are having a lip enhancement lightly **exfoliate your lips** to remove dry, dead skin ahead of your appointment will help with retention.
- Keep your **lips moisturised** before your lip enhancement appointment.



- Remove your **contact lenses** for the treatment & bring your glasses with you.
 - **Do not wear makeup** on the day of your treatment.
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 - remove your **eyelash extensions** 3 days prior to your appointment.
 - Do not **tint or perm** your eyelashes 3 days prior to your appointment.
 - Do not have **botox** around your eye area 2 weeks prior to your appointment.
 - Discontinue using eyelash serums 3 months prior to your appointment (this can make the area more sensitive to permanent makeup eye treatments)
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Prior to your PMU procedure, think about what look you'd like to achieve. I'll ensure that the correct colours and style are chosen for you, however, you are part of the decision-making process.

PMU enhancements normally require multiple sessions. To achieve the best results you will need to return for a second application between 1-3 months after the initial application.

Be prepared for the colour intensity to be significantly sharper and darker immediately after the procedure. This will subside and become softer as the skin heals. The process can take upto 14 days.

Look forward to seeing you soon!

Alison x

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