

## OTHER THINGS TO KNOW

### **AVOID SLEEPING ON YOUR FACE**

Along with using a clean pillow case and keeping pets away, try not to sleep on your brows either for 10 days

### **STICK TO THE BASICS!**

Do not apply alcohol, peroxide, Vaseline, numbing agents, or other ointments to your healing PMU. Use only what was recommended.

### **NO WAXING OR SHAVING UNTIL HEALED!**

The less trauma, the better.

### **IT IS GOING TO BE DARK AT FIRST**

Right after the procedure, the procedure area will start to oxidize and darken. It will continue to be dark until the scabbing has worked its way off. This is totally normal.

### **THEN IT WILL LOOK LIGHT**

Once the scabbing has worked its way off, you have fresh new skin over the color that lies underneath. This new skin will be lighter at first as it gets saturated with the pigment underneath. Again, this is totally normal.

### **AFTER 30 DAYS, IT MAY NOT BE PERFECT YET**

For some, it is normal to have a little unevenness as far as being darker or lighter is concerned. We will adjust at the touch-up.

### **IMPORTANT NOTE ABOUT SHOWERING:**

Limit your showers to 5 minutes so you do not create too much steam. Keep your face/procedure area out of the water while you wash your body, then, at the end of your shower, wash your hair. Your face, or procedure area, should only be getting wet at the very last end of the shower. Avoid excessive rinsing and hot water on the treated area.

