



**REMINDER:** Your new PMU is technically an open wound and should be cared for as such.

**NOTE:** Products recommended can be found via my Linktr.ee <https://linktr.ee/lunarbodyart>

### **HOW DO I CARE FOR MY NEW PMU?**

It's easy to ruin or fade your new PMU if you do not care for it properly. Even worse, your PMU could become infected, or you may have to get it touched up frequently or completely. Luckily, proper tattoo care is not difficult, but it is necessary.

PMU may heal within two to three weeks on the outside, but it can take up to three months for your tattoo to heal fully. With the right care and products, your tattoo will be vibrant and healthy much sooner.

Here's the step-by-step process to ensure proper PMU healing:

#### **STEP 1: ABSORB**

Your artist will send you home with a sterile wipe to blot your brows with.

Gently blot the area with the wipe to absorb excess lymph fluid. Do this every 5-15 minutes for the rest of the day until oozing has stopped. Removing this fluid prevents hardening of the lymph. Your skin will also be red and sore. It might feel slightly warm to the touch.

When tending to your PMU, wash your hands thoroughly with antibacterial soap. From here, move on to washing your PMU.

**NOTE: USE A FRESH PILLOW CASE EACH NIGHT THE FIRST WEEK.** Remember that pet dander can also contribute to an infection so keep them away from sleeping near your face.



## ● STEP 2: DAYS 1-7: WASH

Wash daily to remove bacteria and dead skin. (Don't worry...THIS DOES NOT REMOVE THE PIGMENT!)

Gently wash your procedure area each morning and night with water and a gentle, fragrance-free, antibacterial liquid soap like Dial Gold or Dr. Bronner's to clean the area. Pat it dry with a clean paper towel or air dry. Do not scrub the skin, let water hit it directly, or rub it dry, as this can damage the healing area.

- Avoid harsh soaps or exfoliating products.
- Lukewarm water is ideal. Hot water may irritate the skin, while ice-cold water can slow the healing process.
- Wash your tattoo **gently** twice a day for the first two weeks to remove plasma, excess ink, and bacteria.
- Rise to ensure all soap is removed.

If you notice a bit of ink running into the sink as you wash, don't panic – it's just excess ink. Continue to be gentle with the area as it heals.

## ● STEP 3: DAYS 1-7: MOISTURIZE

Your body heals the tattoo, not the lotion. It is for keeping your skin from drying out too much. Keeping the area hydrated protects it from drying, cracking, and bleeding. **First, LET IT AIR DRY OR DRY WITH PAPER TOWELS**, then apply recommended moisturizer after each wash..

- Apply a rice grain amount of moisturizer two to three times daily, as over-applying can suffocate the skin, trap excess moisture, and slow the healing process.
- The ointment should be barely noticeable on the skin. Never put the ointment on a wet or damp tattoo.
- Avoid petroleum-based products, as they can trap bacteria and hinder healing. Instead, opt for tattoo-specific balms or products containing ingredients like shea butter, jojoba oil, or aloe vera, which are safe, nourishing, and effective for the healing process.



## ● STEP 4: PROTECT FROM THE SUN

Your new PMU is fragile and sensitive to UV rays. Sun exposure can cause fading and interfere with healing. Avoid direct sunlight for the first two to four weeks, and cover your PMU with a hat if you need to be outdoors.

Once healed, apply a Sunscreen with at least SPF 30 regularly to protect your PMU from UV damage and keep it looking fresh. Lips will need a SPF chapstick!

## ● STEP 5: AVOID STRENUOUS ACTIVITY

Working out can introduce bacteria to your fresh PMU through sweat, overstretching healing skin, and cause scabs to tear. **Wait 48 hours** before doing light activities like walking or cycling. For the **first 10 days**, avoid strenuous exercises and clean your PMU immediately after any physical activity.

## ● STEP 6: AVOID MAKEUP

Do not allow makeup/skincare to touch the fresh PMU. Clean off right away with a Q-Tip if it gets on it while you are doing the rest of your makeup.

## ● STEP 7: DO NOT PICK AT SCABS

Scabbing is a natural part of the healing process. Picking at scabs can pull ink out of your skin, leading to patchy spots and scarring. Resist the urge to scratch, and use your moisturizer to calm any itching.

## ● STEP 8: AVOID SWIMMING

Pools, hot tubs, and natural bodies of water expose your fresh tattoo to bacteria and chemicals, which can lead to infection. Avoid swimming for **the first 10 days** or until the scabs have fully healed. Showering is safe as long as you're gentle and avoid soaking the area and don't stay in the hot shower for long so the brows do not get soggy.



## 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.



# Stages of Healing Brows & Eyeliner

DAY 1



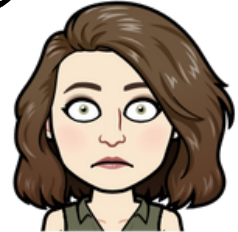
I love them so much! Just a little dark and tender right now.

DAY 2-4



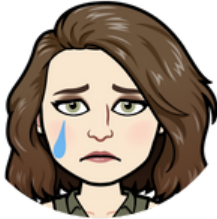
They are darker but I am still happy with the shape.

DAY 5-7



They are scabby and itchy but I will **not** pick!

DAY 8-10



They are nearly gone! She said this was normal though.

DAY 14-28



Okay some color is coming back. Time for my touch-up.

*After touch-up*

DAY 45



Love them! I will not have to fill in unless I want to change up my look for the day!

# Stages of Healing Lips

DAY 1



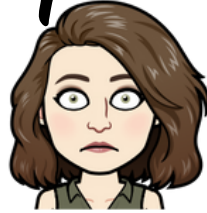
I love them so much! They are swollen and a little dark.

DAY 2-4



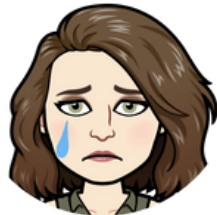
They are a little darker and feel like they are chapped.

DAY 5-7



They are scabby and patchy but I will **not** pick!

DAY 8-10



The color nearly gone! She said this was normal though.

DAY 14-28



Okay some color is coming back. Time for my touch-up.

*After touch-up*

DAY 45



I love having a great color everyday. Chapstick is all I need!

