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021 024 22607

Pre & Post Care

PERMANENT COSMETICS & LASER TATTOO REMOVAL

PRE CHECK

PREPARE FOR YOUR APPOINTMENT BY AVOIDING...

- WORKING OUT, 24 HOURS BEFORE PROCEDURE
- SUN AND TANNING ONE WEEK PRIOR TO PROCEDURE
- ASPIRIN, NIACIN, VITAMIN E OR ADVIL/IBUPROFEN 24 HOURS BEFORE PROCEDURE
- POWER SHAKES AND POWER GREENS, FISH OIL, AND "HAIR, SKIN, NAIL" SUPPLEMENTS 48 HOURS PRIOR TO PROCEDURE
- GLYCOLICS, CHEMICAL PEELS AND RETIN-A WITHIN 4 WEEKS PRIOR
- ALCOHOL 48 HRS PRIOR AND POST PROCEDURE
- ALPHA HYDROXY ACID (AHA) PRODUCTS NEAR THE TREATMENT AREA 2 WEEKS PRIOR TO AND 2 WEEKS POST PROCEDURE. CHECK YOUR MOISTURISER, FACEWASH, BB OR CC CREAMS AND MAKEUP PRIMERS FOR THIS INGREDIENT
- WAXING OR TINTING IN THE TREATMENT AREA LESS THAN ONE WEEK PRIOR
- ANY KIND OF ACCUTANE FOR 1 YEAR. NO EXCEPTIONS!
- NO LATISSE / LILASH - HAIR GROWTH SERUM (DISCONTINUE FOR MIN OF 3 WEEKS PRIOR) FOR BROW & LINER
- STOP BLOOD THINNING MEDICATION 2 WEEKS PRIOR, THROUGH TO 4 WEEKS POST TREATMENT. PLEASE CONSULT YOUR MEDICAL PRACTITIONER FOR APPROVAL PRIOR TO STOPPING ANY MEDICATION

PRE CHECK

ALSO NOTE:

- FILLERS - TREATMENT EITHER 6 WEEKS PRIOR OR 6 WEEKS AFTER YOUR PMU APPOINTMENT
- BOTOX / DYSPORT - TREATMENT EITHER 2 WEEKS PRIOR OR 2 WEEKS POST YOUR PMU APPOINTMENT
- LADIES, YOU WILL BE MORE SENSITIVE DURING YOUR MENSTRUAL CYCLE AS WELL - OH JOY
- **LIP TREATMENT PREPARATION REQUIREMENTS:** HYDRATION, EXFOLIATION & APPLICATION OF LIP BALM MORNING & EVENING 5-7 DAYS PRIOR TO APPOINTMENT. COLD SORE MEDICATION TO BE TAKEN 3 DAYS PRIOR & 3 DAYS POST PROCEDURE TO AVOID AN OUTBREAK DUE TO SKIN TRAUMA TO THE AREA

GENTLE REMINDER:

- I WILL NOT WORK ON PREGNANT OR NURSING MOTHERS - NO EXCEPTIONS. THERE IS INSUFFICIENT SAFETY DATA AVAILABLE - PLEASE WAIT UNTIL THE BABY IS WEANED
- CANCER TREATMENT? PLEASE WAIT AT LEAST SIX MONTHS AFTER YOUR TREATMENT AND OBTAIN A DOCTOR'S CONSENT TO APPLY PERMANENT MAKEUP
- KELOID SCARRING - MICROBLADING & SHADING CANNOT BE PERFORMED
- HYDROCORTISONE / STEROID CREAMS - TOPICAL STEROIDS THIN THE SKIN AND MAY DEEM IT TOO FRAGILE TO UNDERGO PERMANENT MAKEUP. PLEASE OBTAIN A DOCTOR'S CONSENT TO PMU (PERMANENT MAKEUP)
- TOPICAL ANAESTHETICS ARE USED DURING TREATMENTS, LET ME KNOW IF YOU ARE ADVERSE TO LIDOCAINE, EPINEPHRINE, TETRACAINE OR OTHERWISE



HELLO! I'M YOUR PMU ARTIST & LASER TECH

SHEILA FERNEYHOUGH

A specialist in creating permanent cosmetic brows, lips and liner to enhance and refine the natural YOU. Also helping you achieve your tattoo lightening/removal goals.

POST CARE

THE BEGINNING

Your body is unique in its healing process, your adherence to these aftercare recommendations is a major contributor to achieving fabulous, healed results.

FIRST 24 HOURS:

- To clean, use cotton pad dipped in a mixture of MILD soap (such as QV) and warm water, be sure to squeeze out excess liquid then, gently wipe the treated area with the slightly damp cotton pad to remove lymph seepage, then apply a very thin layer of aftercare balm with a cotton tip (a rice grain size should be plenty to cover both brows or lips while still allowing the area to breathe).
- Morning and before bed, gently clean and apply sparingly the aftercare balm. Repeat for up to 5 days.
- Stay away from the Sun in the first 30 days - Sun exposure may heighten burn sensitivity and possibly affect the colour longevity so, wear a hat!
- Grab yourself a large aperture straw for drinking if your lips have been treated.



POST CARE

MOST OF THE HEAVY LIFTING HAPPENS HERE

THE FIRST 14 DAYS

- NO cream or makeup on the treated area.
- NO sweating. Avoid workouts or activities that will involve excess sweating like a sauna, facial massage, or steaming. Sweat is salty and will prematurely fade/blur your treatment.
- Those suffering menopause hot flushes and bouts of sweating should try to stay cool.
- The area may appear uneven, dry, itchy, tender, red & irritated. This is 100% normal. DO NOT PICK. These symptoms will dissipate each day and vary on an individual basis.
- After skin shedding is complete, the new skin remaining may make the area appear to have faded out. This is called the 'ghosting' period. The pigment will gradually settle and the colour will return over the next 4 - 6 weeks.

*Healing process images are not mine but give an accurate indication. The healed image is after 4 weeks not day 7.



POST CARE

UP TO DAY 30

- Avoid laser Treatment over the treated area (Fraxel laser, IPL), because they can destroy the pigment and cause burns.
- Use of antibiotics and hormonal therapy may lead to a faster fading.
- Always shield the area from sun with a hat.
- Colour WILL fade/soften anywhere from 10% to 40%. A perfecting procedure is sometimes required 8-10 weeks after initial treatment to fine tune any areas that have not retained pigment. Healing is unique to each person.
- You will need a colour boost every 2-4 years to maintain its fresh natural appearance.
- Fading WILL happen after each procedure.

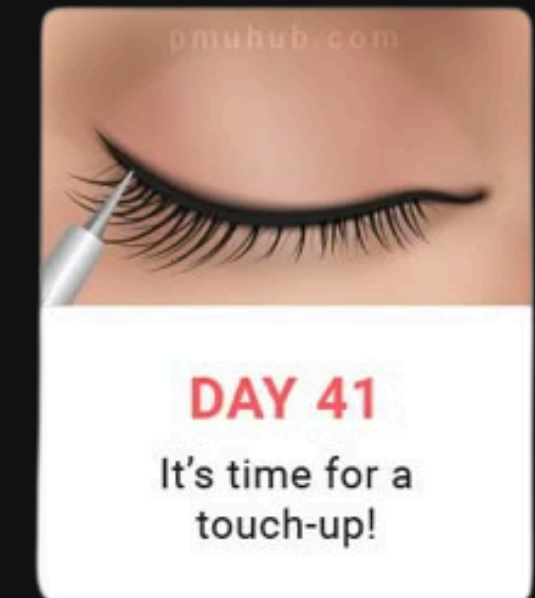
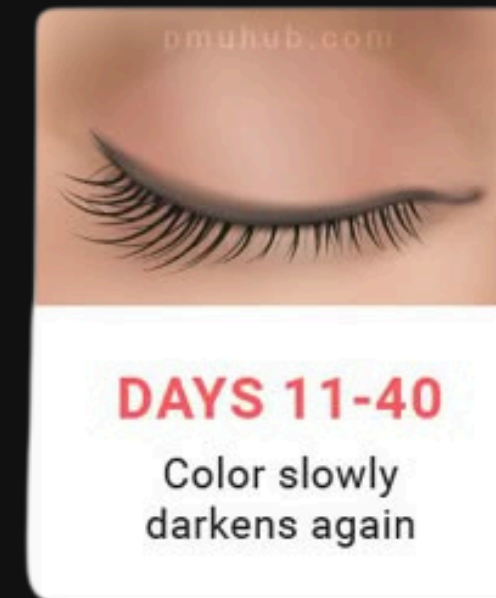
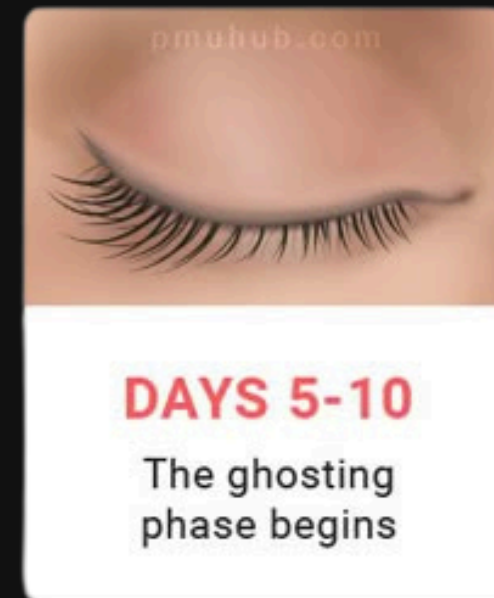
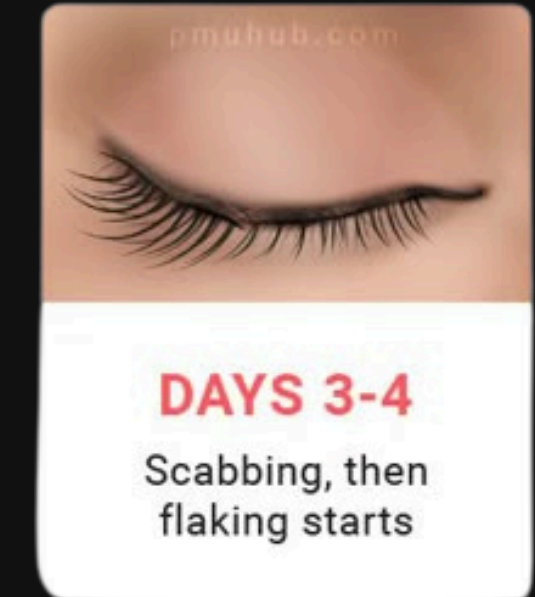
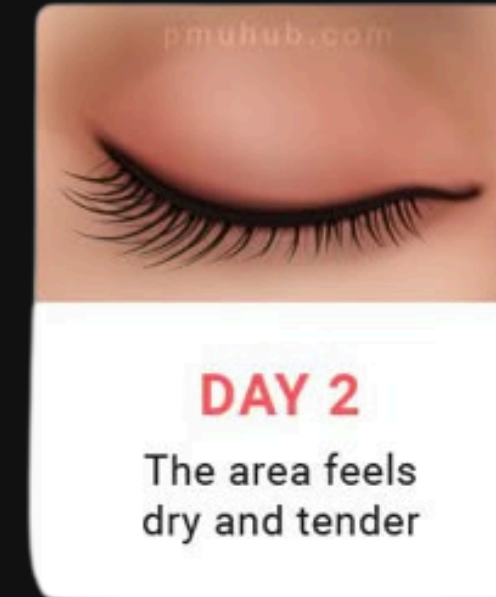
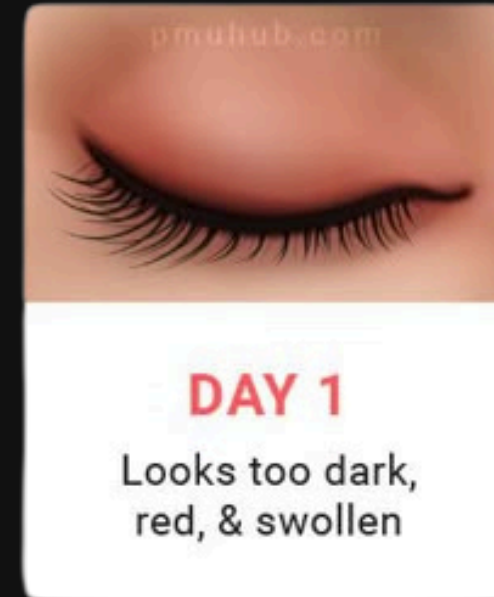


POST CARE

HEALING CYCLE SUMMARY

- Days 1-4: The pigment will appear very sharp and dark. This is because the pigment is still sitting on top of your skin and has not yet settled in completely. The colour of the pigment will soften gradually. Do not be alarmed if you see some pigment on the cotton swab, as this is excess pigment and/or body fluid that is naturally exiting your skin. The area may swell and appear larger.
- Days 5-7: Once the healing of the skin starts taking place, it may look like dandruff flakes or dry skin. This might give you the impression that the pigment is fading too quickly, however, this is just superficial colour and dry skin being naturally removed.
- Days 8-12: The area may look as though the pigment has completely faded - do not panic - take a deep breath and trust the process.
- Days 14-28: The area may still look a little patchy or uneven, but the pigment will start to "reappear" as the pigment settles, and the healing continues.

You may get your touch-up/perfecting treatment at the 8-12 week point and NO SOONER (to allow for complete healing).



POST CARE

LASER HEALING SUMMARY

- **Days 1-3: What Happens:** Redness, swelling, and tenderness are common in the treated area. A warm sensation may persist for a few hours post-treatment. Minor pinpoint bleeding or blistering may occur.
- **Care Instructions:** Keep the area clean and dry; gently wash with lukewarm water and mild soap. Apply a thin layer of aftercare balm to reduce infection risk. Use cold compresses to minimise swelling and discomfort. Avoid touching or scratching the area. Stay healthy & hydrated.
- **Precautions:** Do not apply makeup or skincare products to the treated area. Avoid direct sunlight, wear loose garments.
- **Days 4-7 Scabbing & Healing:** Scabs naturally fall off, revealing a lighter and smoother skin layer underneath. The treated area may appear pink or slightly discoloured as new skin forms.
- **Care Instructions:** Allow scabs to fall off naturally without interference. Protect from sun with hat or loose fitting garments outdoors. Continue moisturising to promote healing and minimize dryness. Hydration & exercise are your friends.
- **Precautions:** Avoid exfoliating the area or using products containing acids or retinol.



BEFORE



IMMED AFTER



5 MINS AFTER



30 MINS AFTER



3 DAYS AFTER



1 WEEK AFTER

You may take your next laser removal session at the 8-12 week point and NO SOONER (to allow for complete healing)

FACE CONFIDENCE



REFINERY.AKL@GMAIL.COM



REFINERYNZ.COM



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