



Aftercare

The following Aftercare Instructions must be strictly adhered to by the Client after any permanent makeup/cosmetic tattooing procedure(s).

- **Day of Procedure - 3 Days...** The procedure area may be red and swollen for up to 3 days... this is completely normal. You may lightly apply an ice pack wrapped in a paper towel to help alleviate the swelling.
- **For the first 1-2 Hours...** Gently, but firmly blot the procedure area with a clean tissue or paper towel every 15 - 20 minutes. This removes any lymph fluid buildup that would cause premature scabbing. Do this step until there is no longer any lymph fluid present on the tissue.
- **4-6 Hours After the Procedure...** Wipe/blot gently with water using a cotton pad or paper towel and pat dry. Apply a thin layer of the aftercare balm/ointment provided either with a cotton swab or clean fingers. After the first 4 - 6 hours, you may apply a thin layer of aftercare balm/ointment as needed to keep the procedure area hydrated and moist. *Do NOT apply the aftercare balm/ointment to a wet tattoo.
- **Next Day - Day 14...** Wash the procedure area gently for 10 seconds (patting motion, not rubbing), AM and PM, with warm water and a gentle cleanser. Suds up between fingers so all you feel are the bubbles. Splash the area with lukewarm water. Pat lightly with a clean tissue or paper towel. Apply a thin layer of the aftercare balm/ointment once dry. (For eyeliner procedures, do this step for 7 days.)
- The aftercare balm/ointment is to be used as needed for up to 14 days... longer if there is still itching, flaking, and/or scabbing present.

FOLLOW FOR ALL PROCEDURES:

- Do **NOT** allow the procedure area to get wet, other than what was mentioned above for the first 10 days... longer if there is still flaking and/or scabbing present.
- Do **NOT** pick or rub. The flakes must fall off on their own or you risk removing the color and possibly scarring.

- Avoid dirt (as in gardening), extreme perspiration (the gym) for the **first week** to prevent possible infection.
- Avoid makeup on the pigmented area for 2 weeks. You may then use powder products on the brow until healed. (30 days)
- Avoid Retin-A, AHA's, and any other active ingredient products while healing. (30 days)
- Avoid touching with fingers, sunscreens, direct sun, tanning beds & self-tanners on pigmented areas. Once healed, use a good sunscreen daily. (30 days)
- Avoid swimming pools, oceans, hot tubs, saunas, hot yoga, and hot steamy showers. Shower with back to shower head to avoid water, shampoo/conditioner getting into the pigmented area. (30 days)
- Don't be alarmed if pigment comes off onto Q-tip when applying aftercare ointments.
- Never use topical antibiotics unless given to you at time of your procedure, with specific instructions.
- To donate blood, it's a Red Cross policy to wait one year after any tattooing procedure.

EYELINER PROCEDURES:

AVOID:

For 3 Days:

- Contacts
- High Sodium Foods

For 5 Days:

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|---|-----------------------|
| • Eye Makeup (Light Eye Makeup from Day 5-14 . Use a <u>NEW</u> tube of Mascara.) | • Hot, Steamy Showers |
| • Eyelash Curlers | • Jacuzzi and Saunas |
| | • Sweaty Exercise |

For 7 Days:

- Chlorinated/Salt Water Pools

For 14 Days:

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| • Lash Lifting | • Eye Creams |
| • Lash Tinting | • Moisturizers |
| • Eyelash Extensions | • Retin-A/AHA Products |
| • False Lashes | |

For 6 Weeks:

- Lash Boost Serums

LIP PROCEDURES:

- Extreme dryness, flaking and/or scabbing will be present. Keep lips moist at all times.
- Drink ALL Beverages through a straw until peeling and extreme dryness has subsided... this can be anywhere from Day 3 - Day 14.
- Peeling will occur... Do NOT peel off!
- If you are taking an antiviral medication to prevent cold sores/fever blisters... continue to take 1 pill a day for the next 4 days to complete the 6 day prescription.
- If a cold sore/fever blister surfaces because you neglected to take an antiviral medication for any reason, you may use Abreva.

AVOID:

- Teeth Bleaching for 3 Weeks
- Long Wearing Lipsticks & Plumping Glosses for at least 30 days

ACCEPTANCE:

I certify that the above aftercare instructions have been explained to me in detail and my questions have been answered. I accept full responsibility for any complications that may arise or result due to not following the aftercare instructions as provided following the cosmetic procedure(s) to be performed at my request. I have received a copy of the aftercare instructions.

Client Signature: _____ Date ____/____/____

Practitioner Signature: _____ Date ____/____/____