



Pre-Care Instructions

The Morning of Your Microblading/PMU Appointment:

- Do **NOT** drink coffee, energy drinks, or any other caffeinated beverages, as caffeine thins the blood.
- Do **NOT** take Niacin, Aspirin, Ibuprofen, or any other pain medication that thins the blood.
- Do **NOT** exercise.

*Do **NOT** discontinue using prescribed medications without first consulting your physician.

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- Do **NOT** drink alcohol or be under the influence of drugs and/or alcohol **24-48 hours** prior to the procedure.
 - Refrain from taking Vitamin E and/or Omega 3 (Fish Oil) **1 week** prior to the procedure.
 - Refrain from tanning or intense sun exposure **1 week** prior to the procedure.
 - Do **NOT** receive Fillers or Collagen **6 weeks** prior to the procedure.
 - Refrain from Using Retinol and AHA Skin Care Products **6 weeks** prior to the procedure.
 - Do **NOT** receive Fat Injections **6 weeks** prior to the procedure.
 - Refrain from using Retin-A, receiving Laser and Chemical Peels, Microneedling, Vampire Facials, Photofacials, or any other intense skin rejuvenation treatments **6 weeks** prior to the procedure.

Brow Procedures:

- If so desired, wax or thread your brows **1 week** prior to the procedure.
- Do **NOT** tweeze your eyebrows for **48 hours** prior to the procedure.
- If so desired, tint your eyebrows **1 week** prior to the procedure. The pigment color selected is based on your brow hair color. If you normally have darker brows due to tinting and want this color for PMU Brows, please do this.

Eyeliner Procedures:

- Remove contacts prior to the procedure.

- Remove eyelash extensions **2 weeks** prior to the procedure.
- Refrain from using lash growth serums for **6 weeks** prior to the procedure. Lash growth serums make the blood vessels more open, bringing more blood flow to the eyelids. This increases the capillary reaction. When a needle hits that skin, it can cause abnormal bleeding and clotting, bruising, and possible migration. It may also cause little to no pigment retention.

Lip Procedures:

- If you have ever had a cold sore/fever blister... even **ONE** time in your life, it is mandatory you get a prescription for an antiviral medication such as Valtrex or Zovirax. Take 1 pill the day before the procedure, 1 pill the day of, and 1 pill a day for the next 4 days. Get 12 pills so you have enough for your follow up visit
- Exfoliate lips with a sugar scrub and apply an emollient lip balm or Vaseline to soften the lips. You may start doing this any time prior to the initial procedure, 2-3 times per week.

Topical Anesthetic is used during all Permanent Makeup Procedure(s):

- **Procedure(s):** A topical anesthetic is used by Beauty Ink during all Microblading, Micropigmentation, and Microneedling procedures. It is placed over the treatment area 15-20 minutes prior to treatment and can be used periodically throughout the treatment. The use of the anesthetics combined with the procedure(s) you may experience some redness and swelling that can last 1-4 days.
- **Allergic reaction:** Can occur from any anesthetics used during the procedure(s). If you do suffer from an allergic reaction, you must contact your doctor immediately. Allergic reactions may show through redness, swelling, rash, blistering, dryness or any other symptoms associated with an allergic reaction.
- **Numbness:** Beauty Ink cannot accept responsibility if the area to be treated does not respond to the numbing cream. Each individual is different according to skin type.

I have read, understand, and agree to follow all pre-care instructions.

Signature: _____ Date: _____