



About Skin Spa Pre- & Post-Permanent Makeup Care Instructions

Pre-Care / Prior To Procedure

Pre-care is important to get the skin at optimal condition for color deposit, keep you comfortable during the procedure, & reduce potential swelling & bruising after your appointment.

1. Do not drink alcohol or excessive caffeine 24 hours before & 24 hours after your procedure. Both alcohol & caffeine are blood thinners & can result in poor pigment retention.
2. Ensure you have done your scratch test at least 48 hours prior & have completed your online forms.
3. Do not wear any makeup, creams or sunscreen on the procedure area until fully healed & no sign of scab. (Generally, around 14 days – however, healing time is different for everyone.)
4. Avoid facials, chemical peels, or microdermabrasion for 4 weeks prior to your scheduled appointment/procedure.
5. Absolutely no anti-aging or anti-acne products on or around the procedure area for 2 weeks prior to your appointment as they contain active ingredients that should be avoided pre-procedure.
6. The procedure area must be free of all irritations including ingrown hairs, rashes, blemishes, eczema, psoriasis etc.
7. Avoid using retinol products on the skin for 6 weeks prior to your appointment.
8. Please inform us if you have any medical conditions, take medications or are Pregnant or Breastfeeding.
9. Avoid sweating, sun, gardening, any recreational swimming, pools, hot tubs, tanning booths & all creams around the brow area for two weeks after procedure. Please plan accordingly.
10. Although there is no medical evidence that tattooing would influence an unborn child, we don't know for sure. There is a miniscule risk of infection but the increase in natal hormones significantly affects pigment retention, so we prefer to have you come in after the baby is born & you are no longer nursing.
11. Avoid supplements with blood thinning effects. Supplements that have blood thinning effects include Dong Quai, Fish Oil, Garlic, Ginger, Ginkgo Biloba, Ginseng, Green Tea, Red Clover & Vitamin-E. They should be discontinued 7 days prior to getting a cosmetic tattoo. These supplements may increase bleeding especially if you're taking blood thinning medications on top of the supplements (such as Warfarin or non-steroidal anti-inflammatory drugs) resulting in poor pigment retention.
12. The week prior to your treatment, please very gently exfoliate & apply a moisturizer to the area daily.
13. Avoid any blood thinning medications. A few medications make your blood less likely to clot ("thinner") like Aspirin, Midol, Excedrin, & NSAIDs (Advil, Motrin, Naproxen, Aleve). These medications should be discontinued 7 days prior to your appointment. If you need to take something for pain opt for Tylenol (Acetaminophen). Coumadin & Plavix also have blood thinning effects, but it is not recommended to





discontinue them due to their medical necessity. You should be aware of an increased risk of bruising if you're taking them.

14. It's beneficial to come to your appointment with your brows grown out. It's beneficial to see how your hair grows naturally to inform the design process, & we can clean them up at your appointment. If you would like to clean them up or tint them beforehand, please do so 7 days prior to your appointment.
15. If you normally pencil or color in your brows, please pencil them in how you like them. The area will be properly cleaned & re-drawn but this provides a general idea of the shape you would like.
16. If you do not pencil in your brows, you can bring reference photos of brows you like but it is not necessary.
17. You must stop using Retin A, Retinal, or Renova around your brow area 14 days prior to procedure. You must stop using Accutane six months prior to procedure.
18. Inform your Esthetician of how often you use any of these products before your appointment.
19. Botox, Fillers or Dysport must be done at least 14 days prior to your appointment. It takes 2 weeks to settle in the skin. Receiving either within 14 days of your appointment will result in being sent home & asked to reschedule.

On the Day of the Procedure / On the Day of Treatment

Please read through the following information on this form & follow each step to get the best possible results.

Please eat before your treatment to help with blood sugar levels.

1. Ensure you allow plenty of time for your appointment.
2. You should have already discussed with us if you have any Medical Conditions or are Pregnant or Breast Feeding.
3. Remember not to drink too much coffee before your appointment.
4. Please arrive on time & on your own to your appointment. We are not permitted to have more than one person in the room at a time.
5. It's a good idea to bring headphones with your favorite Podcast or audiobook etc. Treatments can take up to 2 hours & it's important to stay as still as possible during your appointment. So, even though I LOVE to chat, I will ask you to relax & zone out for the duration of the treatment. This ensures I can concentrate as well as making sure your facial muscles etc. are nice & still for the precision work I will be carrying out.)
6. Ensure you have done your scratch test at least 48 hours prior & have completed your online forms.
7. Please don't wear eye makeup to your appointment or any other unnecessary makeup to your appointment. It makes the area unsanitary, & we will end up having to cleanse your face which will take time away from the tattooing process.
8. If you are having Eyebrows tattooed, you may wish to arrive wearing your day-to-day makeup, (only on your brows) so that I can see how you like to wear your brows on a day-to-day basis. You can also bring your favorite brow pencil, etc. as well as photos of brow you like.





After-Care / After the Procedure

On the day of your appointment, follow the procedure below once per hour until you go to bed. The morning after your appointment, follow the procedure below in the morning upon waking, once during the middle of the day, & once before bed.

1. Always wash your hands before you touch your face.
2. Do not book any major events (wedding, vacation, social event) during the 2 weeks after the procedure, a little peeling or flaking will occur.
3. Absolutely no anti-aging or anti-acne products on or around the procedure area for 3 weeks after your appointment as they contain active ingredients that should be avoided post-procedure.
4. Avoid facials, chemical peels, or microdermabrasion for 3 weeks following procedure.
5. Avoid any blood thinning medications. A few medications make your blood less likely to clot ("thinner") like Aspirin, Midol, Excedrin, & NSAIDs (Advil, Motrin, Naproxen, Aleve). These medications should be discontinued 2 days after your appointment. If you need to take something for pain opt for Tylenol (Acetaminophen). Coumadin & Plavix also have blood thinning effects, but it is not recommended to discontinue them due to their medical necessity. You should be aware of an increased risk of bruising if you're taking them.
6. Apply a small amount of Cetaphil, baby shampoo, or other non-scented, non-antibacterial soap into fingertips & gently rub together OUTSIDE OF SHOWER.
7. Wash gently in the direction of hair. It's a few LIGHT swipes, just to help remove excess oil & lymph.
8. Rinse thoroughly! Cup your hands together with water & rinse to make sure all the soap is removed. Do NOT scrub.
9. Pat the area dry & clean with a paper towel.
10. Apply balm. A pea size amount will be enough for both brows.
11. Do not perform intense exercise or sweat heavily for 14 days following treatment.
12. Do not apply makeup, cleansers or strong skin care products on the area for two weeks (14 days) until the shedding of the skin is finished & no sign of scab.
13. Light flaking & shedding might occur after the first 10 days of healing with ointment. Let scabs flake naturally & do not peel or scratch the area.
14. Do not book Facials or Peels for 4 weeks following your procedure. You must wait a minimum of 14 days after your appointment to receive Botox, Fillers or Dysport.
15. Stay out of the sun, gardening, tanning booths, sauna, steam room, pools, hot tubs, recreational water activities & direct contact with animals on procedure area until healed & no sign of scab (about 10 - 14 days).
16. Avoid direct water pressure on the tattoo in the shower until you are fully healed & there is no sign of scab. Try to keep the area as dry as possible, aside from washing, for the first 10 days.
17. Sun exposure, chemical peels, microdermabrasion, bleaching products, Retin A, dyes or tinting will fade the tattoo over the years. Use sun protection whenever possible to help color last.





18. Contact your doctor immediately if the procedure area shows any symptoms or sign of infection, including, but not limited to red streaks going from the procedure site towards the heart, elevated body temperature, or purulent drainage from the procedure site. A small amount of lymph for the first few hours is normal.
19. Do not pick or scratch at scabs, let brows heal naturally. You will peel out pigment.
20. If eyes &/or brows are sore or swollen you may apply a cold compress. The area may appear more swollen the next morning; this is normal & will subside throughout the day.
21. ***FOR OILY SKIN: between applications of balm, once balm has fully absorbed the blot treated area with blotting papers (make sure your blotting papers do not contain any acids).

