

## PERMANENT MAKE-UP PREPARATION

**ALL FACIAL PRODUCTS CONTAINING RETINIDS/RETINOL, RETIN-A/TRETINOIN, GLYCOLIC/LACTIC ACIDS (AHA ACIDS) MUST BE DISCONTINUED FOR A MINIMUM OF 14 DAYS PRIOR TO YOUR APPOINTMENT.**

*These are exfoliating acids that are commonly found in anti-aging products that thin the skin, making it not suitable for tattooing.*

**DO NOT CONSUME ALCOHOL OR TAKE ANY BLOOD THINNERS WITHIN 48HRS.**  
*Aspirin, Ibuprofen, or Niacin will cause excess bleeding and may affect your healed results.*

**DISCONTINUE FISH OIL/TUMERIC SUPPLEMENTS WITHIN 14 DAYS.**  
*These supplements can also thin the blood, causing undesirable results.*

**NO ANTIBIOTICS/STEROIDS FOR 2 WEEKS PRIOR TO APPOINTMENT.**

**NO TANNING/SUNBURN.**  
*Sunburned skin is wounded skin, not suitable for tattooing.*

**ANY BOTOX/FILLER INJECTIONS SHOULD BE DONE AT LEAST TWO WEEKS PRIOR/AFTER.**  
*Injections have their own set of aftercare instructions. Don't disturb it.*

**NO FACIAL TREATMENTS, SURGERIES, CHEMICAL PEELS, EXFOLIANTS, LASER/ELECTROLYSIS, ETC. WITHIN 14 DAYS.**  
*The skin needs time to recover after aggressive/invasive procedures prior to being tattooed.*

**SCARS/MOLES WITHIN AREA.**  
*Healed pigment over scars is not guaranteed. Moles cannot be tattooed, but will be avoided!*

**ON THE DAY OF YOUR PROCEDURE, DO NOT EXERCISE OR CONSUME CAFFEINE.**  
*Exercising increases your blood pressure/blood flow and caffeine can thin your blood, causing undesirable results.*

**If you have ANY ADDITIONAL MEDICAL CONDITIONS, CONCERNS, OR ARE ON ANY MEDICATIONS (any autoimmune diseases, thyroid, diabetes, etc.) please contact prior to booking.**



## PERMANENT MAKE-UP AFTERCARE

### **Keep the area clean:**

*It is important to keep the treated area clean to help prevent infection and ensure proper healing. Gently clean the area with mild soap and water a few times a day.*

### **Avoid picking or scratching:**

*Do not pick or scratch at the treated area, as this can lead to infection and may cause the pigment to fade or become uneven.*

### **Avoid direct sun exposure:**

*Avoid exposing the treated area to direct sunlight or tanning beds for at least two weeks after the procedure. Sun exposure can cause the pigment to fade or become discolored.*

### **Protect the area with ointment or cream:**

*We recommend using a specific ointment or cream to keep the area moisturized and protected.*

### **Avoid strenuous activities:**

*Avoid activities that may cause sweating or irritation to the treated area, such as exercise or hot showers, for at least a few days after the procedure.*

### **Avoid makeup:**

*Avoid wearing makeup on the treated area for at least a few days after the procedure. If you must wear makeup, be sure to use a gentle, oil-free formula and avoid rubbing or scratching the area.*