



SEMI PERMANENT MAKEUP

PRE CARE & AFTER CARE GUIDE



GILLIE LANE PMU

3 Welcome

2 Before Your Appointment

9 Patch Testing & Numbing

11 Brows

14 Lip Blush

14 Lash Liner

16 Our Promise

17 Long Term Results

THANK YOU FOR CHOOSING GILLIE LANE PMU



Every semi-permanent makeup treatment is individually designed to enhance your natural features and age beautifully over time. This guide explains how to prepare for your appointment, what to expect during healing and how to care for your new brows, lips or lash enhancement to achieve the very best result.



Healing is an important part of your treatment,
and every skin type heals slightly differently.
Rest assured, Gillie and Lizzie will be here to
support you every step of the way

SUPPORTING YOU



BEFORE YOUR APPOINTMENT

Complete

- ✓ Complete your Consultation & Consent Form at least 48 hours before your appointment
- ✓ Read this guide in full
- ✓ If you've previously had semi-permanent makeup elsewhere and haven't already done so, send clear photographs or a short video via WhatsApp before your appointment





& LET US KNOW

Please get in touch with us if anything changes before your appointment, including:

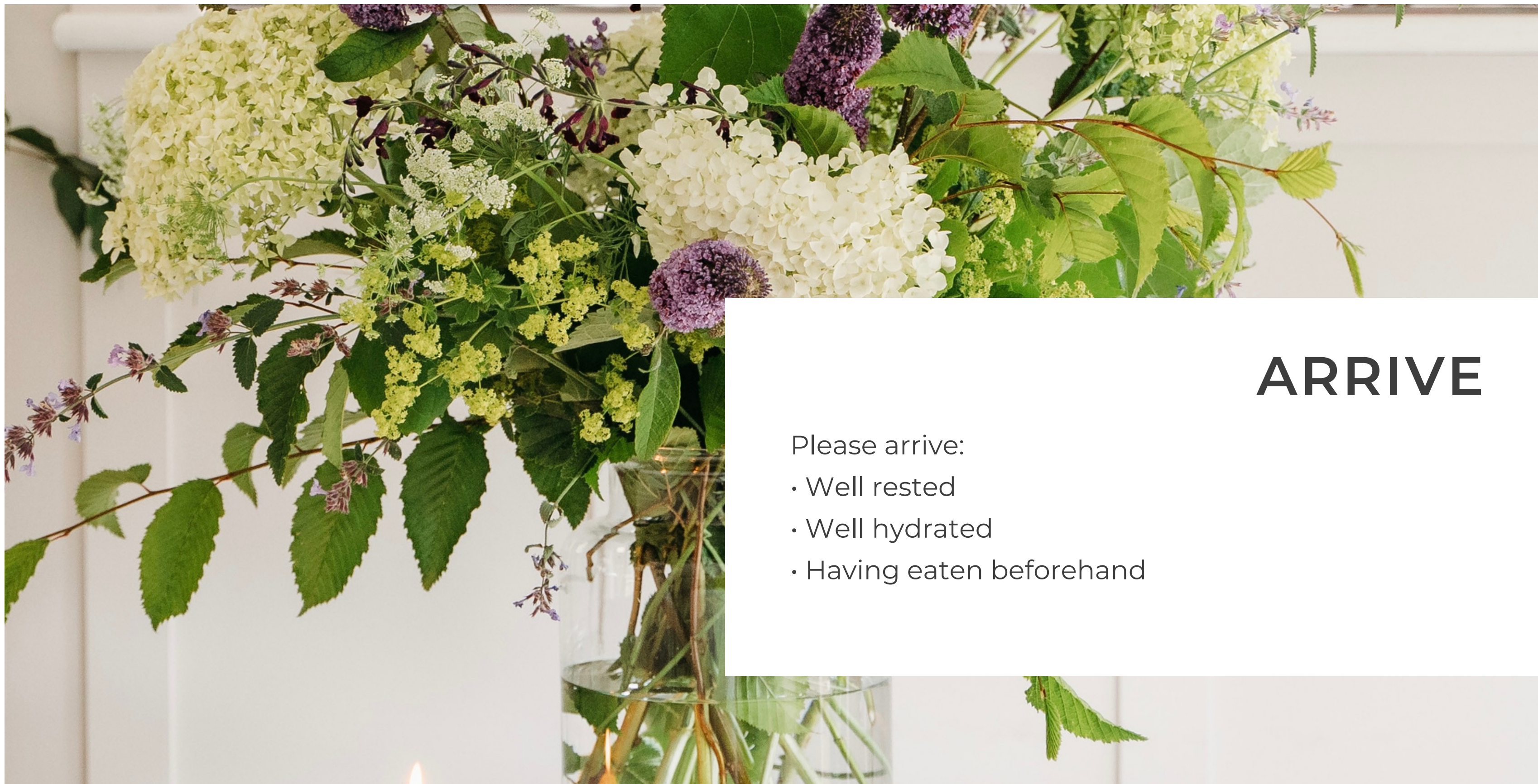
- Health or medication
- Pregnancy or breastfeeding
- Allergies
- Botox or fillers
- Laser or IPL treatments
- Saline tattoo removal
- Upcoming holidays, weddings or special events





AVOID BEFORE TREATMENT

- Alcohol for 24 hours
- Caffeine for 4 hours
- Aspirin or Ibuprofen for 48 hours - unless prescribed



ARRIVE

Please arrive:

- Well rested
- Well hydrated
- Having eaten beforehand

PATCH TESTING & NUMBING



▶ NOT ROUTINELY REQUIRED

Patch testing is not routinely required for semi-permanent makeup as your Consultation Form enables us to assess your suitability before treatment.

▶ BROWS & LIP BLUSH

EMLA cream is available from most pharmacies and online.

Apply:

- one thin layer approximately 1 hour before your appointment
- a second thin layer 30 minutes later

▶ LASHLINER ENHANCEMENT

Gillie will apply numbing cream when you arrive at the clinic.

BROWS



Before Treatment

- Stop brow growth serums for 2–4 weeks
- Avoid Retinol, AHAs and exfoliating products for 4–6 weeks
- No waxing, threading or tinting for 1 week
- No Botox or fillers for 2 weeks
- No IPL or laser treatments for 6–8 weeks



DAYS 1-3

Brows appear darker and more defined.
Mild redness and tenderness are normal

DAYS 3-10

Light flaking and patchiness are expected.
Allow the skin to heal naturally without picking

WEEKS 2-4

Pigment may appear significantly lighter
before gradually returning

WEEKS 4-6

Final healed colour and detail emerge,
approximately 20% softer and lighter



AIR DRY

Air dry for the first 24 hours

USE BALM

Apply only a tiny amount of balm as advised. Oily skin may require less balm

AVOID

Avoid makeup, swimming, saunas, steam rooms, excessive sweating and tanning during healing

PROTECT

Protect healed brows from sun exposure

BROW AFTERCARE

LIP BLUSH

Before Treatment

- Lips must be clean, healthy and well hydrated
- Active cold sores must be completely healed
- If prone to cold sores, begin Aciclovir (or similar antiviral medication) one week before treatment and continue during healing. Can be purchased from an online pharmacy
- Allow at least 4 weeks after fillers, IPL or other lip treatments



DAYS 1-3

Lips appear brighter and more defined immediately after treatment. This is normal and the colour will soften by approximately 40% as healing progresses

Use a straw when drinking to avoid getting too wet



DAYS 3-10

Dryness and light flaking are completely normal



WEEKS 2-6

Colour gradually settles, with your final healed result becoming visible around 4–6 weeks



USE BALM

Apply aftercare balm as advised
Do not use Vaseline or petroleum-based products

DON'T PICK

Do not pick, peel or pull away any dry or flaky skin

AVOID

Avoid lipstick and lip gloss during healing
Avoid spicy foods and very hot drinks for the first few days
Avoid swimming, saunas and steam rooms

PROTECT

Use SPF lip balm once healed

LIP BLUSH AFTERCARE

LASH LINER ENHANCEMENT

Before Treatment

- Remove mascara before your appointment
- Remove lash extensions beforehand
- Wear glasses instead of contact lenses
- Stop lash serums 1–2 weeks before treatment
- Botox, fillers, IPL and waxing around the eye area should be completed at least 2–4 weeks beforehand



DAYS 1-3

Your lash enhancement will appear darker and more defined immediately after treatment. Mild swelling or redness is normal. The colour will soften by approximately 20% as healing progresses



DAYS 3-7

Light flaking may occur. Allow the area to heal naturally



WEEKS 3-4

Pigment becomes more visible as healing completes



AIR DRY

Air dry for the first 24 hours

WASH

Eyewash or eyedrops may be used if your eyes feel dry

AVOID

No mascara or lash serums during healing

Avoid rubbing your eyes or picking

Avoid swimming, saunas and steam rooms

USE BALM

Optional aftercare balm if advised

LASH LINER AFTERCARE

THE GILLIE LANE CARE PROMISE

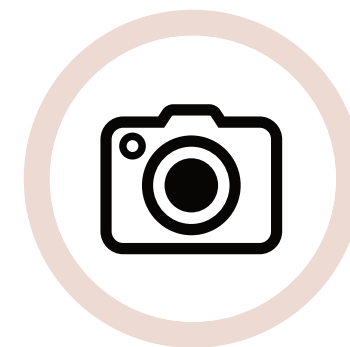
YOUR TREATMENT DOESN'T END
WHEN YOU LEAVE THE CLINIC



At Gillie Lane PMU, we believe exceptional results come from exceptional aftercare



Throughout your healing journey, Gillie and Lizzie are here to answer questions, review your progress and guide you whenever you need reassurance



If you'd like Gillie to check how your treatment is healing, simply send a clear photograph or short video via WhatsApp



LONG-TERM RESULTS

▶ LONGEVITY

Every client heals differently, and the longevity of your treatment depends on factors including your skin type, lifestyle, sun exposure and skincare routine

▶ WHATS TYPICAL

Brows approx. 1–3 years
Lip Blush & Lash Liner Enhancement
approx. 2–3 years

▶ RETOUCH

Your Perfecting Appointment is an essential part of your treatment and allows Gillie to refine colour, detail and symmetry once your skin has fully healed

▶ REFINE

Additional Colour & Definition
appointments are available in the future
if you would like to enhance your results



NEED ADVICE?

▶ **PHONE OR WHATSAPP**
07376 356917

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*Gillie
Lane*
SPMU