**Pre-Procedure Instructions for Permanent Cosmetics**

\*All procedures are a multi-session process. You are required to come back for at least 1 touchup visit before final results are determined. Touchups can be scheduled at 4-8-week intervals.

\*Be prepared for the initial color intensity of your procedure to be significantly sharper and darker than what is expected for the final outcome. While these tattooed colors may initially simulate the exact color and tone desired, they will not always remain a perfect match once healed under the skin.

\*When scheduling an appointment date for a permanent makeup procedure, keep in mind the healing time of the procedure. You will need a few days afterward without social plans or strenuous activity. You will not look your best (swelling, oozing, & looks like wet paint) so plan activities around the house. Plan a shopping trip ahead of time for items you will need: cotton rounds for blotting, Q-tips, OTC pain reliever, or eye drops.

\*Get ahead on your dirty work - no lawn mowing or chores that will get dirt/ bacteria on the healing area. Do not have a procedure right before going on vacation.

\*Do not wear your good clothes for the procedure because pigment might splatter on them. Pigment washes out of most clothes, but not your favorite ones. Wear something comfortable.

\*Refrain from the use of aspirin, aspirin containing medications, ibuprofen, or other blood thinning substances for seven days prior and two days after any procedure. Refrain from using alcohol or coffee 24 hours before treatment.

\*A skin test is offered upon request.

For Eyeliner:

\*Antihistamines like Benadryl taken before the procedure may reduce swelling and help you relax. Benadryl also helps eyes not be so watery during the eyeliner procedure. Watery eyes can dilute the pigment that is being implanted.

\*Do not wear contact lenses during the procedure or for 24 hours after.

\*Bring sunglasses to wear home. Your eyes may be sensitive to lights.

\*If you have eyelash extensions, they need to be removed 1-2 weeks prior to procedure.

\*Do not perm, dye, tint, or curl lashes for 7 days prior.

\* Stop using eyelash growing serums like Latisse, 6 weeks prior to procedure.

\* If you have had any type of eye surgery, consult with your physician. Most are giving a 2 month okay after cataract, lasik, and blepharoplasty.

\*Following the procedure, as a safety precaution, we recommend that you have someone available to accompany you or drive you home.

For Eyebrows:

\*Do not tweeze, wax, thread, or dye brows for 1 week prior.

\*Botox appointments should be timed either two weeks plus after the eyebrow tattoo, or time the eyebrow tattoo two months after the botox.

\*Stop using Retin-A or other lightening treatments 7 days prior.

For Lips:

\*If you get cold sores you will need a prescription for an antiviral such as Valtrex. Physicians usually instruct to begin taking it 3-5 days before procedure, for a 7-10 day course. It is important to understand this does not guarantee that you will not get cold sores. If you get cold sores the pigment will likely not stay in those areas.

\* Arnica Montana may help reduce swelling and speed up healing. It is rare to have a healing problem with PMU eyebrows or eyeliner. If there is going to be a problem it will likely be with the lips.

\*Dentures/partials/braces/tongue piercings/smoking may increase the risk of getting bacterial and or fungal infection from the mouth to the lips.

\*PMU Artists have noticed poor color retention in lips that have received injections within 6 months-1 year.

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