



PMU Aftercare

Take care of your investment for the best healed results!

General Information

1: Our primary concern for aftercare is to avoid infection. Remember that although your new PMU looks gorgeous, it is technically an open wound! This means that you must:

- Clean the treated area regularly
- Always wash your hands immediately before touching the procedure area
- Be sure not to use products that will aggravate the skin in its delicate state
- Keep ALL makeup away from the fresh wound until the skin has healed over
- IF you see signs of infection (redness, sores, extreme swelling, significant itching or pain in the treated area), it is imperative that you consult with a physician within 24 hours of the development of these symptoms. You are always welcome to reach out to me, but I am not on-call 24/7 nor am I a medical expert!

2: All injured skin will develop a scab as it heals. If you follow proper aftercare instructions, scabbing can be kept to an absolute minimum but you **must** take special care not to pick or peel the scabs away. If you pick at scabs that are not ready to come off, you put yourself at risk of scarring, infection, and poor healed results. To manage scabbing, we must do the following:

- Avoid any activities that produce excessive moisture (sweating, hot tubs, long and hot showers, swimming, etc.)
- Use a gentle & unscented cleanser when washing your face, and remember that a little soap goes a long way! Please do not use exfoliating cleansers or acid peels for a minimum of 2 weeks post-procedure.

3: Remember that once your appointment is complete, I cannot make any adjustments until a minimum of 6 weeks have passed. Although your skin will be healed before that (around 10-14 days), we need to wait for your skin cell turnover cycle to complete before I can work on you again. Here is what to expect during the healing phases:

- Darker, more intense look on days 1-3
- Patchy spots as the scabs flake away naturally
- Colour may look very faded around the 1-2 week mark
- Pigment will bloom back during weeks 3-6

4: One of the most important things to avoid within the first 10 days of getting PMU is excessive sun exposure. Sun bathing and tanning bed use are both bad ideas while your skin is recovering! Solving this problem is as simple as wearing a hat to keep the sun off of your face, and/or avoiding prolonged direct sunlight for 10-14 days. UV exposure during the healing phase can cause your pigment colour to change, and getting a sunburn can also seriously compromise skin while it's already trying to heal, which can lead to further complications.

Area-Specific Instructions



Brows

Immediate Aftercare:

- Clean hourly for the first 4-6 hours. This will keep scabbing to a minimum. You will be provided with cotton rounds in your aftercare kit.
- Day 1-10 - wash the area with a gentle, unscented cleanser in the morning and at night, then blot dry with a clean towel or tissue. Expected healing time: 10-14 days
- After washing your brows both AM and PM, use a very thin layer of the provided aftercare ointment. A rice-sized amount of product should be enough to cover both brows! Using too much ointment will prevent the skin from breathing, and can lead to infection or poor healing.

Additional Notes:

- Do not completely saturate the area with water, aside from washing and blotting dry as prescribed
- Avoid profuse sweating for 3 days. The salt in your sweat can break down the pigment and cause poor retention.
- Avoid steam rooms/saunas, and keep your shower time shorter/cooler than usual for 10 days post-procedure.
- Do not pick at scabs; allow them to fall off naturally
- Do not use any products around the forehead/brow area for 10 days. Keep all product use below the eyes! If you have particularly dry skin, you may use a very small amount of gentle/unscented moisturizer at your hairline only.
- Do not use makeup in the brow/forehead area for a minimum of 10 days. Makeup and brushes/application tools are notorious for bacteria buildup and this will likely lead to an infection.

Eyeliner

Immediate Aftercare:

- This is the easiest area for healing - you don't need to do anything but keep it clean by washing your face morning & night throughout the 10 day healing process!

Additional Notes:

- DO NOT use makeup during the healing process. It is imperative that you do not apply or remove mascara/eyeshadow/etc for a minimum of 10 days following your appointment
- You may notice a very small amount of flaking around day 4+. If this irritates you, you may use a tiny bit of Aquaphor or Vaseline to provide some moisture to the area
- Your lash line will feel tender for a day or two after the appointment. As long as you are not showing signs of infection, there is no need to worry.
- For both shaded and classic liner styles, you may notice a fair amount of swelling in the morning on days 1-3. This is to be expected, and there is no cause for alarm unless the swelling fails to dissipate over the course of a couple hours or gets worse. In this case, contact a physician within 24 hours.



Lips

Immediate Aftercare:

- Clean hourly for the first 4-6 hours. This will keep scabbing to a minimum. You will be provided with cotton rounds in your aftercare kit.
- Day 1-3 - apply the provided A&D ointment as often as needed. Do not let the area dry out, but keep your ointment layer thin.
- Day 4-7 - continue to apply ointment as often as needed. You may now switch to using Aquaphor or Vaseline, but I highly recommend Aquaphor! Expected healing time: 7 days
- Throughout the healing process, you may wash your face as usual as long as you use gentle/unscented products. Please note that lips may be very sensitive when washing for the first few days; this is completely normal!

Additional Notes:

- Do not peel any scabs; allow them to fall off naturally
- Do not use makeup in the lip area for a minimum of 10 days. Makeup and brushes/application tools are notorious for bacteria buildup and this will likely lead to an infection on your freshly opened skin.
- Patchiness and colour loss are to be expected. Lips will change quite a bit throughout the healing process! You must wait a full 6 weeks to assess true results.
- Avoid spicy foods for 48 hours
- For best retention of colour, please drink *all* liquids with a straw for the first 5 days post-procedure.