



# Pre-Procedure Instructions

**FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN THE CANCELLATION OF YOUR APPOINTMENT - SHOULD THIS OCCUR, YOUR BOOKING FEE WILL \*NOT\* BE REFUNDED OR TRANSFERRED TO A LATER DATE**

➔ **Step 1:** Fill out your client intake form *immediately* at <https://forms.gle/H15WzCDP7qUfSLFg7>

➔ **Step 2:** Set Your Skin Up for Success!

- **HEALTHY skin = easy procedure = beautiful results.** You need to be on a regular cleanse-tone-moisturize-SPF regimen. For inexpensive & effective skincare, I recommend: <https://ca.theinkeylist.com>
- **Please exfoliate the area to be tattooed** in the days leading up to your appointment, but be gentle! Removing dead, dry skin ensures optimal results. Note: this is not necessary for eyeliner appointments.

➔ **Step 3:** Be aware of the following information, especially as your appointment gets closer:

### ***Avoid these 24hrs before your appointment:***


- Caffeine (one SMALL cup in the AM is ok if absolutely necessary)
- Aspirin/ibuprofen (blood thinners)
- Alcohol
- Fish Oils/Vitamin E (natural blood thinners)


### ***Avoid these in the weeks leading up to your appointment:***


- Do not wax/tweeze/tint the area within 1 week of your appointment
- No facials or chemical peels within 2 weeks of your appointment
- No botox/filler treatment within 2 weeks of your appointment
- Avoid UV exposure on your face 2 weeks before and after your appointment. If you show up with a burn, your procedure will be cancelled.
- Discontinue vitamin A/retinol products 4 weeks before your appointment

## Special Notes by Type of Procedure


### LIPS

 Exfoliate with a sugar scrub in the week leading up to your appointment. For very dry lips, I recommend "La Neige Lip Sleeping Mask" or any lanolin-based product. If you show up with dry lips, your healed result will be patchy. It is YOUR responsibility to ensure that your lip tissue is healthy before you arrive at the studio.


 Know that lip blush *can* trigger a cold sore flare up, especially if you have had a cold sore at any time in the past. Many people have the HSV-1 virus laying dormant in their system, and the trauma of lip blushing can cause a breakout. Please see your doctor for preventative antivirals such as Valtrex (or similar) for 5 days before/after your appointment.

 Consider purchasing Aquaphor Healing Ointment in advance of your appointment! It's a great daily lip balm, and it will help you during the healing phase. This product can easily be found at any Shoppers Drug Mart or Walmart location.

### EYELINER


 You **MUST** stop the use of any lash growth serums a minimum of 3-months prior to your eyeliner appointment

 I cannot and *will not* tattoo through lash extensions - please have them *completely* removed at least 72hrs before your appointment

 You cannot wear mascara/eye makeup for 10 days after your procedure. If this concerns you, I would recommend getting a lash lift & tint a week before your appointment.

### BROWS

 Exfoliate and moisturize the brow area well

 Avoid using any anti-aging products on the forehead/brow area 2 weeks before your appointment.

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