



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

Set Your Skin Up for Success!!

- **HEALTHY skin = easy procedure = beautiful results.** You should be on a regular cleanse-tone-moisturize-SPF regimen. For inexpensive & effective skincare, I highly recommend The Ordinary (available online and at Sephora)
- **HYDRATE frequently.** Keeping your body hydrated will make your skin happier too! Drink plenty of water leading up to the day of your appointment.
- **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.

Leading Up to 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 sunburn, your procedure will be cancelled.
- Discontinue vitamin A/retinol products 1 week before your appointment

24hrs before your appointment:

- Avoid Caffeine (please consume a maximum of one cup of coffee on the day of your procedure)
- Do not take Aspirin/ibuprofen (blood thinners)
- Do not consume alcohol the night before/day of your appointment
- Do not take Fish Oils/Vitamin E (natural blood thinners)

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 smooth and free of dry skin!
- If you have had a cold sore *any* time in the past, it is strongly recommended that you talk to your doctor to obtain a Valtrex/Valcyclovir prescription to prevent a cold sore breakout. You'll typically need medication for 5 days before/after your appointment.

EYELINER

- You **MUST** stop the use of any lash growth serums a minimum of 3-months prior to your eyeliner appointment
- I cannot safely 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 for 1 week before your appointment
- Do not tint/tweeze/wax the brow area before your appointment. I need to see your natural brow hair!

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