

Permanent Cosmetics Care and Information

PRE-PROCEDURAL DIRECTIONS

- **With the exception of mascara and lipstick**, wear your normal makeup to the studio the day of the consultation. Bring your cosmetic eyeliner, eyebrow, and lipcolor. If you prefer a specific brand of makeup remover, please bring that product as well. Try not to wear face makeup to the studio on the day of the procedure.
- If you are having an eyebrow procedure, any tweezing or waxing should be done at least 48 hours prior to the procedure, electrolysis no less than five days before.
- If you are having an eyeliner procedure, eyelash and/or eyebrow tinting or eyelash perming should be done no sooner than 48 hours before or two weeks after an eyebrow or eyeliner procedure.
- If you are having an eyeliner procedure, do not wear contact lenses during or immediately following the procedure. Be sure and bring your glasses with you to the appointment, as well as a storage case for your lenses. It is recommended that you refrain from the use of contact lenses for a minimum of 2 days **or until your eyes return to their normal condition** after an eyeliner procedure. If you have any questions regarding when to resume wearing your contacts, contacting your eye care provider for specific directions regarding when you may resume use of your contacts is recommended. It is also recommended that you have eye wash (not saline) frozen peas and a brand of soft paper towels (Viva brand is excellent) available when you return home from your appointment for after care purposes.
- If you are having a lip procedure and have any history of, or concern regarding cold sores/fever blisters/herpes simplex I, you will be requested to contact your physician to obtain the proper prescription medication to help prevent such outbreaks. Smaller doses of an antiviral totaling 1000 mg per day, but on a more frequent daily basis dosage such as 250 mg of antiviral 4X's per day, or 200 mg 5 X's per day has been noted as possibly being more effective than larger more infrequent daily dosages. These are industry related guidelines only, and medications should always be taken as your physician directs.
- If you are having a lip procedure, exfoliate the lips, morning and evening, lightly with a washcloth or your toothbrush. This will remove the dry excess skin from the lip tissue, which can interfere with the lip procedure. Drink ample amounts of water to keep the lips in good condition.
- Refrain from the use of alcohol, aspirin-containing products, Vitamins A and E for 3 days before your procedure. These products thin the blood. Note: Never discontinue use of any medication, prescription or over the counter, that has been prescribed or recommended by your physician without his/her consent, and inform your technician in the event continued use of any of the items listed above is required.
- Refrain from excessive consumption of products containing caffeine the day of the procedure. These products contribute to nervousness.

POST PROCEDURAL GENERAL DIRECTIONS

Proper care following your procedure is required to achieve optimum results. Keep in mind that some intensity and/or unevenness of color, especially after the initial application of pigment is normal. Adjustment(s) to these factors is the purpose of the follow-up appointment. Review and follow the directions provided below. If, during your healing process, you have any questions or concerns, contact me at any time. Due to exposure to environmental bacteria during the healing period, there is always a low risk of infection to the procedural site. In the event you should develop an infection please contact your physician immediately and advise me at your earliest convenience.

- Ice packs (or a bag of frozen peas) protected with a barrier (paper towel) to protect the skin may be applied as necessary to reduce swelling. Ensure the skin is moistened with a healing ointment before applying the barrier and ice packs or frozen peas. Sleeping slightly elevated may assist in the reduction of swelling that is sometimes seen the day of and/or the morning after procedures.
- Wash your hands before touching any treated area. Cotton-tipped applicators may be used to gently cleanse the eye area with eyewash. Use a mild soap to cleanse eyebrow and lip procedures. Do not expose your procedure(s) to unsanitary conditions. Wearing glasses outdoors is a good way to protect new eyeliner from the environment. Clean the treated area with the recommended products and apply a healing ointment to keep the area(s) moist.
- Some tenderness, puffiness, dryness and itching are quite normal to the treatment and healing process. **DO NOT PICK, PEEL OR SCRATCH** the treated area or your color may heal unevenly and you risk scarring and infection.
- Do not apply makeup on the treated area for 5 days after the procedure. After eyeliner procedures, use new mascara. **DO NOT USE** an eyelash curler for two weeks. This instrument pulls the eyelashes and the tissue containing your eyeliner pigment that surrounds the lashes. You must allow the healing process to get well under way before you stress the tissue in this area.
- During the healing process, do not expose your healing skin to hot tubs, saunas, salt water, chlorinated pools, direct shower spray, hot water or chemicals. Direct sun exposure and tanning beds should also be avoided. Both are counter-productive to the Permanent Makeup procedure you have received.
- After a lip procedure, your lips will feel very dry and taut. Keep them moist at all times. Drink through a straw and avoid contact with spicy foods for several days. For the first week, brush your teeth with either straight water or a natural toothpaste product. Prior to brushing your teeth, apply a thick coat of your healing ointment or a product such as Bag Balm.

CARE FOR YOUR PERMANENT MAKEUP PROCEDURE(S):

- Apply an ice pack or a bag of frozen peas to reduce swelling as required. Always put a barrier between the skin and the ice pack or bag of frozen peas in order to avoid an ice burn to the skin.
- **For 3 days (as a minimum) morning and evening, moisten a cotton pad with bottled water, or eyewash (not saline) if your procedure is an eyeliner, and blot off the body fluids from the treated area(s). If you have eyebrow hair move the hair aside so that the area you are blotting is directly on the treated area (skin). Special attention to cleansing of body fluids and excess pigment in the eyelash area is critical. This is an area that is difficult to get to. Try to keep lips in a natural "still" position when blotting. In the event the treated area(s) feel dry, blot the area(s) and apply ointment more frequently, as required, to remain clean and moist. If the body's healing fluids are allowed to remain on the area(s), they will soon develop into a scab. Scabbing may result in uneven color distribution in the treated area(s). After 3 days blotting may be discontinued and only ointment applied to skin that has been cleaned with a mild skin cleanser (Do not use any cleansing products that contain acids such as glycolic or lactic.)**
- **After blotting off the body fluids allow the skin to dry and then, using a clean cotton swab, apply a very light film of the ointment you were provided to the treated area(s). In the event the ointment I provided is not agreeable to your skin, you may apply a general-purpose ointment of your choice, i.e., Vaseline, A&D Ointment. Continue to apply ointment to the treated area(s) for 10 days. The eyes are very sensitive to ointments so use very very sparingly and do not allow the ointment to come in contact with the eye itself. Keep the ointment contained to the eyeliner above and below the eyelashes. If you feel any discomfort IN the eye itself, this is not normal and you should immediately see an eye doctor.**
- Long Term Maintenance: Use a sunscreen daily and avoid exposure to abrasive or acid based facial products.

HEALING AGENDA:

LIPS

- Day 1-2 Swelling, tender, heavy, thick and bright lipstick appearance. You may experience discomfort in the lip area.
- Day 3 Less swelling, pigment appears as a thicker texture. Exfoliation process may begin on this day.
- Day 4 Exfoliation begins or continues from the third day. The lips have gone without moisture directly on the lip tissue. The pigment may exfoliate all or most by this day. Your lips will feel very chapped.
- Day 5 Very chapped lip tissue, however you are almost finished with the chapping state.
- Day 6 You will begin to see a soft version of the color initially applied to your lips.
- Day 7 Lip color disappears, a "frosty" stage begins. There may appear to be a whitish, grayish haze over the lip tissue. This will continue through day 13.
- Day 14 Color "Blooms" from within more and more each day. This is the process of the hydrating elements in the pigments being disbursed throughout the body, and leaving natural pigment on the inside of the lip tissue. This will continue through day 29.
- Day 30 The healing is primarily complete. Although you may continue to see additional color changes based on your body temperature, (Less color when the body is cooler and more when warmer), the color you see now can be considered your permanent makeup color. Lips may remain dry for a month or two. Use a good lip balm and sunscreen and they will soon return to normal, but with a soft, noticeable color! Color under the skin is less dynamic than color on the skin (Lipstick). Lip color under the skin is enhanced by the light's reflection of lip balms or clear ointments applied to the lips.

Eyeliner

- Day 1-2 Probable slight swelling. This is dependent upon the amount of histamines in each client's body. Normally you will appear as if you have been crying or have allergies. The eyeliner appears darker and thicker than it will in a few days.
- Day 3-4 No or little swelling, however the eye tissue feels tight and somewhat drawn. Exfoliation begins. Some feeling of pinching and itching is quite normal. The pigment is dehydrating under the eye tissue and exfoliation continues.
- Day 5 The color of your eyeliner may appear somewhat grayish; however the color will clarify in a few days.
- Day 6 The pigment has dehydrated under the skin and exfoliated. The applied liner design appears thinner and lighter than on day one.

Eyebrows

- Day 1-3 The eyebrows are approximately 20% to 25% darker and bolder in width than when healed. Your skin is red under the pigment that causes the color of the pigment to appear darker. There is some swelling, although difficult to actually see due to the thickness of the skin in the eyebrow area. This will subside. Exfoliation, which begins in a few days, will cause the excess pigment surrounding the eyebrow procedure to flake away and a more narrow appearance will result. New skin will heal over the pigmented area and result in a softer appearance of your eyebrows. Don't be concerned that your eyebrows initially appear darker and heavier in size than you desire. This is all part of the process. Possible itching from the healing process is normal. Exfoliation begins.
- Day 4 Exfoliation is in process and small particles of pigment flake off.
- Day 5-7 Color finishes flaking off and you will see a softer, however grayer effect for a few days until the color clarifies.

Procedures are conducted in accordance with high sanitation and sterilization in accordance with Occupational Safety and Health Administration standards. Once you leave my facility it is important to follow after care instructions to avoid complications. Tenderness to the procedure area is expected. This is a wound that must heal. However, as you resume your normal activities there is always a possibility of environmental bacteria affecting the procedural area. If you observe any conditions that are not consistent with the healing agenda descriptions above, contact your physician or eye doctor for treatment and advise me as soon as possible.