

Permanent Makeup Pre/Post Care

Pre-procedure Instructions and Considerations

- When scheduling an appointment date for a permanent makeup procedure, keep in mind the healing time for the procedure.
- Microblading and Eyebrow Tattoos will be tender immediately after (Tylenol® will help), but you are able to go back to work or continue your daily routines with some exceptions that are listed below.
- Eyebrows will appear too dark immediately after the procedure. This is temporary. The color will progressively lighten each day as it heals. If you love the color and darkness when you leave your first session, then you will be unhappy in 5-10 days when your brows lighten and heal.
- With Permanent Eyeliner Tattoos you will want a few days afterward without any special social plans or strenuous activity. Eyeliner immediately after will appear extremely bold in color and thicker due to any swelling. The day of the procedure is usually a down day, I recommend going home and cooling down the eyes. Keep yourself elevated as to not promote swelling and bruising. Sometimes the following day can be worse than the first so plan on taking an extra day off just in case you fall in that category. Everyone heals differently, a lot depends on the condition of your skin and the thickness of the liner you choose.
- Lip color is extremely bright and vivid along with some moderate swelling for the first 24-48 hours. You will want 1-2 days before going out on the town. Most clients lose approximately 60% of the initial implanted color within the first couple of days. Full lip color just puts pigment back into the lips for a more youthful looking appearance.

PLEASE READ BEFORE BOOKING...

Shelly's goal is to ensure that you receive the best results from your permanent makeup procedure. To achieve the best results, your skin must be healthy, strong, and non-irritated. Unfortunately, not all clients are good candidates for permanent makeup due to their compromised skin condition or pre-existing medical conditions.

IF YOU HAVE ANY OF THE BELOW CONDITIONS, YOU WILL NOT RETAIN COLOR WELL AND WILL REQUIRE TOUCH UP/COLOR BOOSTS MORE OFTEN:

- Ingrown hairs and open bumps on eyebrow
- Eczema (constant flaking shedding of skin)
- Psoriasis (constant flaking shedding of skin)
- Dermatitis (constant flaking shedding of skin)
- Rosacea (chronic acne-like skin indicated by redness)
- Severely oily skin on eyebrows – the hairstrokes will appear more blended, solid, or not retained all.
- Have moles/raised areas/piercings in or around the brow/eye area – anything raised or indented will not retain color.
- Deep wrinkles in the brow area – the hair strokes will not lay properly in the creases.
- Shingles – permanent makeup could cause a flare up.
- Fitzpatrick Skin Type 1 (red heads/translucent skin/light eyes) due to hypersensitivity and thinness, this skin type does not take color well.

- Acne medications like Accutane or those with Retin-A within the last year skin will not heal well.
- Retinol products or Vitamin A usage – Skin composition is altered and will not heal well. Must discontinue one month prior to procedure.
- Extremely thin skin – transparent bleeds easily and does not hold color well.
- If you come in with a sunburn the skin is damaged.
- Use of any eyelash/eyebrow growth serum-skin will be hypersensitive and bleed easily. Must discontinue at least one month prior to procedure.

Helping with Pain Control

- Topicals are applied for 20 min before and several times throughout the procedures.
- Permanent eyeliners will benefit from two Tylenol® along with two Benadryl® for the relaxation aspect, because some people cannot control the squeeze and flinch protective reflexes for the eyes. Benadryl® taken before the procedure may reduce swelling and also helps the eyes from watering so much during eyeliner procedures.
- **FOLLOWING THE RIGHT PRECARE AND AFTERCARE CAN TRULY MAKE A MASSIVE DIFFERENCE ON YOUR PROCEDURES RESULTS!**

Permanent Makeup Preparations

If you've ever hired a professional painter they will tell you that "it's all in the prep". Professional painters know that they get the best results when they spend the extra time sanding, filling holes, making sure the edges are all smooth and applying the right primer. It all starts with a good canvas. The procedure area must be healthy, strong, non-sensitive and non-irritated. Here's how to get your skin ready for the procedure.

Microblading and Eyebrow Tattoo Prep

- Do not pick/tweeze/wax/perform electrolysis one week before procedure.
- Do not tan two weeks prior or have sunburned face.
- Do not have any type of facial/peel two weeks prior to procedure.
- Discontinue Vitamin A/Retinol products one month prior to procedure.
- Do not work out the day of procedure.
- Do not have Botox® two weeks prior.
- Do not take fish oil or vitamin E one week prior (natural blood thinners).
- Do not wax or tint your eyebrows three days before the procedure.
- In order to avoid excessive bleeding and poor color deposit:
 - Do not drink alcohol 24-48 hours before your procedure.
 - Do not consume coffee before your procedure.
 - Do not take aspirin or ibuprofen for pain relief (this thins the blood).

Permanent Cosmetics by Shelly

Permanent Eyeliner Prep

- Do not wear mascara the day of procedure BUT DO wear your eyeliner in so Shelly can see how you normally apply it.
- Do not use any eyelash growth serums such as Latisse® one month prior to procedure.
- Eyelash extensions must be removed prior to treatment.
- Do not wear contacts for 24-48 hours after procedure (Bring your reading glasses).
- Do not dye or perm lashes for two days prior.
- If you have had any type of eye surgery, consult with your physician about how long you should wait before having a permanent eyeliner procedure. Usually two months is sufficient with most physicians after lasik, cataract, and blepharoplasty.

Permanent Lipstick Prep

- If you are prone to coldsores you will need an antiviral prescription. Tattooing the lips stimulates any herpes activity (coldsores).
- If you can not get a script for Abreva® (pill form), L-Lysine is an over the counter supplement.
- Do not get any lip filler injections three weeks prior to procedure.
- Do not receive collagen or restylane injections at least six months prior to lip procedure due to poor color retention and migration along lip edges.

Permanent Makeup Aftercare and Healing

Now that you know what NOT to do... Here is the ever so important DO list!

With every procedure, it is important to pamper your new makeup and keep a protective veil of Aquaphor® over the treated area. This prevents scab formation and drying, which can “lift out” the newly implanted color. If your planning on being outside, sunglasses and a visor are a must! You do not want a sunburn on freshly tattooed skin.

Microblading and Eyebrow Tattoo Aftercare Instructions

- Gently blot the area with a clean tissue to absorb excess lymph fluid. Do this every 10 to 15 min for the first couple of hours until the weeping/oozing has stopped. Removing this fluid prevents hardening of the lymph.
- Day 1-7 WASH
 - Wash daily to remove the old layer of Aquaphor®, bacteria, and dead skin. (Don't worry, THIS DOES NOT REMOVE THE PIGMENT!)
 - Gently wash your eyebrows once a day with water and an antibacterial soap like Dial® soap, Cetaphil® or Neutrogena®. With a very light touch, use your fingertips to gently cleanse the eyebrows. Rub the area in a smooth motion for 10 seconds and rinse thoroughly. To dry, gently pat with a clean tissue. Let air dry for 5 minutes before you reapply Aquaphor® ointment.

- Day 1-7 MOISTURIZE

- After your eyebrows are dry, apply a rice grain amount of Aquaphor® ointment with a cotton swab or thoroughly cleansed fingertips and spread it across the treated area. Be sure not to over-apply as this will suffocate your skin and hinder the healing process. The ointment should be barely noticeable on the skin.
- Never put the Aquaphor® ointment on a wet or damp tattoo.

Permanent Eyeliner Aftercare Instructions

- Eyeliners do require cold packs as soon as you get home. Cooling the skin is beneficial; freezing it is not! Using refrigerator temperature cold packs is safer. The tissue is already in a delicate condition and can get frost damage. You can cool/ice the eyes by applying gel compresses (from refrigerator), wet chamomile tea bags, or if you prefer the frozen bag of peas, place a wet washcloth between your skin and the bag.
- Apply the compresses for no more than one hour in 10 minute intervals (10 min on, 10 min off, 10min on, and so forth).
- Day 1-5 WASH
 - Wash daily to remove the old layer of Aquaphor®, bacteria, and dead skin. Don't worry, THIS DOES NOT REMOVE THE PIGMENT!
 - Gently wash your eyeliner once a day with water and an antibacterial soap like Dial® soap, Cetaphil® or Neutrogena®. With a very light touch, use your fingertips to gently cleanse the eyeliner. Rub the area in a smooth motion for 10 seconds and rinse thoroughly. To dry, gently pat with a clean tissue. Let air dry for five minutes before you reapply Aquaphor® ointment.
- Day 1-5 MOISTURIZE
 - Apply a rice grain amount of Aquaphor® ointment to dry eyeliner with a cotton swab or thoroughly cleansed fingertips and spread it across the treated area. Be sure not to over-apply as this will suffocate your skin and hinder the healing process. The ointment should be barely noticeable on the skin.
 - Never put the Aquaphor® ointment on a wet or damp tattoo.
 - After five days you can start wearing mascara again but a new tube is required to prevent infections.

Permanent Lipstick Aftercare Instructions

- Lips will ooze/weep the first day, just blot and reapply Aquaphor® ointment.
- Lips will be tender at first. Drink through a straw. Choose foods you can place in your mouth with a fork without touching your lips.
- Lips will shed/peel the first layer of color off within 48 hours of procedure, keep applying Aquaphor® for moisture.
- Try to keep toothpaste off of lips while healing (most toothpastes have whitening agents in them).
- During the peeling process it may look like there is not much color, but it will be more apparent by the second week.
- Final result appears in 6-8 weeks.

Important Reminder for ALL Permanent Makeup Procedures

- Keep all makeups and moisturizers including sunscreen away from the treated area, the only thing that should touch the treated area is the Aquaphor® ointment while healing.
- Avoid hot, sweaty exercise for one week.
- DO NOT pick, scratch or rub treated area.
- Avoid heavy sweating and long hot showers for the first 10 days.
- Let any scabbing or dry skin naturally exfoliate away. Picking can cause scarring or loss of color.
- No facials, Botox®, chemical treatments or microdermabrasion for four weeks.
- Avoid direct sun exposure or tanning for four weeks after procedure.
- Avoid sleeping on your face for the first 10 days.
- Avoid swimming, lakes, hot tubs for 10 days.
- **Important note about showering:** Limit your showers to five minutes so you do not create too much steam. Keep your face/procedure out of the water while you wash your body, then, at the end of your shower, wash your hair. Your face should only be getting wet at the very last end of the shower. Avoid excessive rinsing and hot water on the treated area.

REMEMBER, WITH THE PROPER PREP AND AFTERCARE ROUTINE YOU WILL HAVE MUCH BETTER RESULTS WITH YOUR PERMANENT COSMETICS PROCEDURE!!

Plan on a Touch Up Visit

This is exactly what the name implies. Your permanent makeup will more likely than not need to be touched up. The goal of this visit is to fill in any areas that need enhancement. Whether it is adding a few lines to the eyebrow or adding more thickness to an eyeliner the touch up is when we put in more perfection!