

General After Care Instructions for Permanent Cosmetic Make-up Applications

For 7 days following application of permanent cosmetics:

- ✓ **GENTLY** use a warm cloth to pat away the excess lymph from the procedure area before you go to bed and upon rising in the morning. X_____
- ✓ **Do not touch** the healing pigmented area with your fingers, they may have bacteria on them and create an infection. X_____
- ✓ Apply petroleum 2-4 times daily until the procedure area has healed. **Always use a clean cotton swab and not your fingertips.** We suggest petroleum jelly as it is non-reactive in most clients. **Dab off excess product with a tissue.** **Overuse of your healing product will not let the area heal properly.**
- ✓ No make-up, tinting of lashes or brows, sun, soap, sauna, steam, exercise, Hot Yoga, Jacuzzi, swimming in chlorine pools or in the ocean for 7-10 days (until area is completely healed) post procedure and after all color refreshers. X_____
- ✓ Before bathing, gently apply a light coating of petroleum on the procedure area using a clean cotton swab. Continue this regime until the procedure area has completely healed. The steam may express the pigment color. X_____
- ✓ Do not rub or traumatize the procedure area while it is healing, pigment may be removed along with crusting tissue. X_____
- ✓ Use a 'sun block' after the procedure area has healed to prevent future fading of pigment color. X_____
- ✓ Sleep on a CLEAN satin pillowcase while the procedure area is healing. X_____
- ✓ If you are a blood donor, you may not give blood for 1 year following your PMU application. (per Red Cross) X_____
- ✓ Color refresher visits should be scheduled between 30-45 days post procedure. All PMU procedures are a two-step process. Results cannot be determined until the color refresher is completed. X_____
- ✓ If you have any questions or concerns please notify your technician immediately. X_____
- ✓ If you experience any itching, swelling, blistering or any other complications post-procedure, stop using product and call your technician immediately. You may be allergic to the after care product you are using. **If you had an eyeliner procedure, do not rub, scratch or irritate your eyes as you may create a corneal abrasion. Rinse out your eyes!** X_____
- ✓ If you experience anything out of the ordinary phone your technician and physician. X_____
- ✓ Clients need to follow **ALL After-Care Instructions** for maximum results of their procedure(s). X_____
- ✓ Aloe Vera can pull the color out of some clients so we suggest that they do not use this product while they are healing. Sometimes 'Natural' products can compromise the integrity of the pigment color. X_____
- ✓ Remember all procedures must HEAL, PEEL, and FADE! This process may take up to 10 days. X_____
- ✓ Clients color will look **MUCH** darker for the first 10 days as the procedure has blood and lymph in it. After the area peels, the color will be softer. X_____
- ✓ Do not use ANY products that contain AHA's, Vitamin A, Retinol A or similar lightening and peeling products on the procedure area. (Example Glycolic, Lactic Acids. Check your product labeling) It will fade your pigment color. X_____ Using RevitaLash, Latisse or other hair growing products may lighten the procedure area. Read the ingredients on the back of every bottle of product that you will using.
- ✓ If you have had Botox, or facial fillers in the past 6 months you must wait until the product has dissipated from your tissue prior to receiving any permanent makeup procedure. X_____
- ✓ You may alternate between ice and hot packs to relieve swelling. X_____
- ✓ If you are under a physicians care you must obtain a release from him/her prior to your procedure. X_____
- ✓ **Failure to follow the above advice will result in less than desired results. I agree to follow ALL directions.**

Signed _____

General Care Instructions

Follow all General Instructions listed on page 1

Lip After Care While Procedure Area is Healing

- If you have ever had chicken pox, a fever blister, or a cold sore, you must take Zovirax, Famvir or Valtrex or other anti-viral and post procedure to prevent the outbreak of cold sores. There are no exceptions to this rule! If you do have an outbreak, it usually occur on the 3rd day after application as well as after each color refresher. Lysine also helps suppress the herpetic outbreaks.
- Drink through a straw for the first few days. Do not eat citrus fruits and juices, greasy, salty, oily or spicy foods until your lips are completely healed.
- While eating, do not constantly wipe your lips with a napkin or keep licking your lips as this will impede the healing process. **DO NOT PICK** dry healing tissue! You will remove the pigment color.
- Be careful when brushing your teeth. Toothpaste may pull the pigment out of the lip vermilion. Also, do not bleach your teeth while your lips are healing.
- Using products with Lidocaine in them will help to soothe the 'chapped' feeling.
- Keep lips well lubricated for at least 2 weeks post procedure. (Petroleum is a good choice.)
- After the initial healing period, apply a total sun block that is waterproof 3-4 times daily to prevent fading. (You may also use Petroleum or Chapstick.)
- No smoking while lips are healing!!
- Treat your lips gently and with care. No kissing, rubbing or friction until the area is totally healed..

Eyeliner Aftercare - While Procedure Area is Healing

- The client should have someone drive them to and from their eyeliner procedure.
- Do not use mascara for 7 days post procedure. When you do resume the use of mascara, purchase a new tube, the old tube have bacteria in it. This includes all eye makeup.
- Do not use your eyelash curler for a few days pre and post procedure. Clean your eyelash curler with alcohol prior to reusing destroy any bacteria on it.
- Do not wear your contacts for 24 hours post procedure, wear glasses. If eyes are irritated do not use contacts until your eyes feel better.
- **Do not scratch or rub your eyes.** Use an eye wash if eyes itch.
- Sleep on a clean satin pillowcase.
- Sleep on 2 pillows or in an upward position. This will help to alleviate eye area swelling.
- If you need to touch your eyes. **GENTLY** use a clean cotton swab!
- Touching your eyes with your fingers, unclean cotton swabs, old products or other, may result in an eye infection, corneal abrasion or pink eye.
- Do not apply individual lashes or strip eyelashes to the eyelash area. You will pull off your pigment.

Eyebrow Aftercare

Follow All General Rules

Failure to follow the above advice will result in less than desired results. I agree to follow ALL directions.

This is a 100% procedure plan.
result

Client Signature _____ Date _____ Next appointment: _____

If you have questions or concerns please phone: _____