

## Pre-Care and Post-Care Instructions

### General Rules for ALL Procedures:

- No Accutane use for one year prior to treatment.
- Do not take aspirin, Niacin, vitamin E or Ibuprofen unless medically necessary, 48-72 hrs prior to your procedure. Tylenol is okay.
- Schedule treatment so that it does not coincide with your menstrual cycle to minimize possible hyper-sensitivity at the treatment site.
- Limit sun and UV exposure before treatment and refrain from exposure as much as possible for several weeks afterward. Wear a hat, use sunscreen and remember that the sun is NOT our friend!
- Avoid alcohol or caffeine immediately prior to treatment. Alcohol thins the blood and caffeine might make it difficult to relax during treatment.
- Do not rub the treatment area or expose it directly to the shower stream for several days after treatment.
- Apply a cold pack to the treatment area for ten minutes at a time for several hours after treatment if the area is swollen or uncomfortably sore.
- Apply A&D, Aquaphor or Vitamin E to the treatment area for one week after treatment.
- Do not apply makeup to the treatment area until it is healed.
- Try to avoid sweating for several days after treatment, as the salt in your sweat may fade the pigment prematurely (salt is sometimes used in the tattoo removal process).
- Do not swim until the treatment area is healed, as chlorine and salt water can fade or alter your pigment, and lakes are full of bacteria which is best to avoid during the healing process. Even after the treatment area has healed, it is wise to apply a barrier ointment (such as Aquaphor, Vaseline or Vitamin E) to the area before a swim.
- Use clean hands or q-tips to touch the treatment area during the healing process to avoid infection.
- DO NOT RUB, SCRATCH OR PICK AT THE TREATED AREA - let the sloughing skin exfoliate naturally to avoid scarring or premature loss of pigment.
- Permanent makeup will appear darker and thicker immediately after treatment. This is because the pigment is initially visible in both the dermis AND the epidermis. During the healing process, the treated epidermis will slough off, lightening the overall effect. Colors will fade, lines will soften and the feature will appear more natural within 3-5 days after treatment.
- Schedule your touch-up approximately three weeks after treatment.
- Contact me immediately - 24/7 - with any questions or concerns.

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### Eyebrows:

- If you use an eyebrow pencil, bring it to your appointment.
- If you get your eyebrows waxed or tinted, please have this done at least 72 hours prior to treatment. Wait at least one week (preferably longer) to wax or tint them after treatment.
- Brows almost always require a touch-up 3-4 weeks after the initial treatment. Because

brows cover a larger surface area than other procedures, it is common for pigment to fade unevenly. Faded areas will be filled during the touch-up to create a more even appearance.

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#### Eyeliner:

- If you have hyper-sensitive eyes, watery eyes, tear duct plugs or severe allergies, this may not be the procedure for you. Our eyes produce saline (salt) which, in excess, may cause the implanted pigment to fade or, in some cases, not take at all.
  - Do not wear contact lenses to your appointment - bring glasses if you have them. You may wear clean contacts after the treatment, but it is preferable to wait 24 hours to do so.
  - Do not wear any any eyeliner or mascara to your appointment. If you use eyeliner, bring it with you if you prefer to show me how you typically apply it.
  - Do not apply mascara to the base of your lashes for 72 hours after treatment. You may "tip" the lashes during that timeframe, but it is preferable to avoid mascara altogether. I recommend that you use only new eyeliners (if you prefer to create a more dramatic look occasionally) and mascaras after treatment to avoid the risk of infection.
  - DO NOT USE glycolics, oily makeup remover, baby oil, mineral oil or heavy creams around the eyes for several days after treatment.
  - Eyeliner will almost always require a touch-up because the saline in our eyes will often fade the initial application considerably.
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#### Lips:

- If you get cold sores in or around the mouth, you must take an antiviral for one day before treatment and 2-3 days afterward. The lip line or full lip procedure may trigger an outbreak even if you generally suffer from outbreaks on rare occasions. I recommend that you take 1500 mg of Valtrex, Zovirax or Acyclovir each day. Ask your doctor.
- If you have a cold sore on the day of treatment, we will reschedule the procedure.
- Try to avoid greasy, oily and acidic foods while you are healing.
- Avoid hot, steamy drinks until the treatment area is healed.
- If possible, drink through a straw during the healing process.
- After a lip fill treatment, lips will look bold and bright for several days. During the first few weeks, the color will fade and may even look blotchy. Color will fully develop in 3-6 weeks. Lips often require 2 touch-ups to achieve the desired effect.