

- **DO NOT TOUCH** the healing pigmented area with your fingers, they may have bacteria on them and can cause an infection.
- No makeup, lash tinting (for eyeliner and lash enhancement), sun, soap, sauna, steam, exercise (including hot yoga), jacuzzi, swimming in chlorinated pools or swimming in the ocean for 7-10 days (until the area is completely healed) post-procedure. This includes any touch-ups!
- Do not rub or traumatize the procedure area while it is healing. Doing so may cause pigment color to be removed along with the crusting tissue.
- Use a sunblock after the procedure area has healed to prevent further fading of the pigment color.
- If you are a "face-sleeper," then sleeping on a clean satin pillowcase is suggested while the procedure area is healing.
- If you are a blood donor, you may not give blood for 1 year following your procedure (per Red Cross).
- Touchup visits should always be scheduled for a **MINIMUM** of 8 weeks post procedure. Any sooner and you may have scarring. The pigment is also still processing at this time. Additionally, the procedure area takes a minimum of 8 weeks to heal. Therefore, I will not schedule any clients for a touchup appointment any sooner than 8 weeks from their initial appointment.  
*Touchups can book far out, it is always recommended to have your touchup between 8 weeks to 3 months after your initial procedure. It is also recommended to book your touchup appointment the day of your initial appointment. FOR EYEBROWS: Booking a touch up appointment is the clients responsibility. If you wait longer than 4 months to have your perfection appointment, a colorboost fee will be*

charged. This is due to the increased amount of work that will need to be done. Touch up appointments are done anywhere from 8 weeks up to 3 months post initial procedure. There is no guarantee that you will get in at exactly 8 weeks. Touchup appointments are first come, first served. No exceptions.

- If you have any questions or concerns please notify me immediately.
- During healing, do not rub, scratch or pick at the area. This will compromise the healed results. Additionally, if you had eyeliner, rubbing or itching may cause a corneal abrasion. So hands off! :-)
- If you experience anything out of the ordinary, phone your physician.
- Clients must follow ALL aftercare instructions for maximum results of their procedure(s).
- Aloe Vera can pull the color out of some clients so I suggest you do not use it until you are completely healed. The same goes for homeopathic/natural products.
- Remember – all procedures must HEAL, PEEL AND FADE! This process may take up to 10 days.
- Clients color will look roughly 15-25% darker for the first 10 days as the procedure has blood and lymph in it. After the procedure area is healed, it will appear much softer.
- Retin-A or Retinols, AHA's, Vitamin A or any similar lightening, anti-aging and peeling products (examples include Glycolic, Lactic Acids, any acids) should be avoided at least 1 week prior to your appointment and you should avoid using them near your procedure area for a minimum of 30 days (1 month) post-procedure. If you use these products prior to 30 days on or around

your procedure area, it may cause the pigment color to fade more than it should and blur your strokes. If you are unsure whether or not your products contain any of these ingredients, please check the back labeling. Products can migrate under the skin 2-3 inches, hitting your eyebrows and compromising the results. This includes facial cleansers, moisturizers, makeup, etc. that contain any of these ingredients. Even some BB creams!

- If you had Botox or facial fillers within the past 6 months I suggest you wait until the product has dissipated from your tissue prior to receiving a Permanent Makeup procedure. Botox - 2 weeks prior or 2 weeks after. Fillers - 6 weeks prior or 6 weeks after.

### **EYEBROW AFTERCARE INSTRUCTIONS**

Please use the aftercare wipes to dab your brows every 30 minutes for 2 hours after your procedure. When you wash your face or when showering, use lukewarm water to prevent the steam from expressing the pigment. You should try to avoid wetting your eyebrows. If your brows get wet accidentally, DAB them with a clean cloth. DO NOT wipe or scrub them. The idea is to keep the procedure area as relatively dry as possible for the first 48 hours. Avoid scratching and picking. Below is what you can expect during the next week with your new brows:

- Days 1-2

Your skin will be red underneath where the pigment has been implanted. Your brows will be roughly 15-25% darker, more solid and more bold than your actual healed result. You may experience minimal swelling.

- Days 3-4

The top layers of your skin underneath your brows will start to shed. At this time you will start seeing some color loss. This is completely normal and expected during the healing process! If they begin to itch, **AVOID** scratching or picking at them or you may experience less than desired results!

- Days 5-7

Your skin is now exfoliating at a faster rate. Pigment color will finish flaking off and will appear much softer and greyer for about 4 weeks until the color clarifies (hits its resting phase.)

- Days 30-40

Your brows are finished shedding. They have went through the "Heal, Peel and Fade" process. The pigment color is now a part of the dermis underneath the epidermis. This is the best time to critique your brows to determine if you will need or want a touchup.

Things to note: Around the 2 week mark after your microblading procedure and when you are done shedding, your pigment will appear much lighter, cooler/ashier (almost milky looking). This occurs due to the natural skin exfoliation cycles. It is common for your pigment to essentially "reappear" between 4 to 6 weeks. At 30-40 days is when your pigment will be at its final "resting phase" (as I call it). This is the best time to critique your brows. You should not critique them any sooner. Additionally, it is common to have some areas fade more than others. This can be easily treated at a touchup appointment. Some clients hold pigment better than others, every result is individual. Picking, scratching, rubbing and harsh wiping can also compromise your results. Please follow the aftercare

**instructions 100%! Remember, permanent makeup is an art, it is not a science. :-)**

### **LIP AFTERCARE INSTRUCTIONS**

- **If you have ever had a fever blister, or a cold sore, you must take Zovirax, Famvir, Valtrex or other anti-viral pre and post-procedure to prevent the potential outbreak of cold sores. There are no exceptions to this rule! If you do have an outbreak, it will usually occur on the 3rd day after application as well as after each touch-up application. Lysine also helps suppress the herpetic outbreaks.**
- **Keep lips well lubricated for for the first month post-procedure. Aquaphor is a great choice! This should be done from day 1-28 at the very least.**
- **NO makeup products on your lips AT ALL until your lips are done peeling (scabs are off). Generally this is by day 5.**
- **Drink through a straw for the first few days. Do not eat citrus fruits or drink citrus 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 lick your lips. This will impede the healing process.**
- **DO NOT PICK dry healing tissue. Doing so will remove the pigment color and result in uneven healing, possible infection and scaring.**
- **Be careful when brushing your teeth. Toothpaste may pull the pigment color out of the lip vermilion. Also, do not bleach your teeth while your lips are healing.**
- **Using products with Lidocaine in them will help soothe the "chapped" feeling.**
- **After the initial healing period, apply a total sunblock that is waterproof 3-4 times daily to prevent fading (most**

chapsticks contain an SPF).

- No smoking or kissing while lips are healing!
- Treat your lips gently and with care while they are healing to obtain the best color results.
- By day 28, your lips should be healed and show the true, resting color. If your color heals uneven, this can be adjusted at your touch-up. If you decide you want to change your color, this can also be done at your touch-up. Some clients are completely satisfied after only 1 lip procedure.
- Lip color typically lasts about 1-2 years depending on your retention, lifestyle and body chemistry. Remember, as with every permanent makeup procedure - every result is individual. :-)
- *LIP FILLER SHOULD ALWAYS BE 4 WEEKS BEFORE OR 4 WEEKS AFTER LIP COLOR. I RECOMMEND GETTING LIP FILLER 4 WEEKS BEFORE YOUR PROCEDURE. THIS WAY YOUR LIPS WON'T LOOK PATCHY FROM THE FILLER EXPANDING YOUR LIPS! :-)*

### **EYELINER & EYELASH ENHANCEMENT INSTRUCTIONS**

- Eyelids tend to swell, which can impair vision. Due to this, the client may wish to have someone drive them to and from their eyeliner procedure, although it is typically not necessary.
- 4-5 hours after treatment, GENTLY clean the area with warm water and a cotton pad and allow to air dry (squeeze out excess water from pad prior to blotting your eyelids so that they are not completely saturated).
- Do not use mascara for 7 days post-procedure. When you do resume the use of mascara, purchase a new tube. The old tube may have bacteria in it.
- Do not use your eyelash curler for a few days pre and post procedure! Clean your eyelash curler

with alcohol prior to re-using it to destroy any potential bacteria on it.

- Do not wear contacts for 24 hours post-procedure. Wear glasses instead. If eyes are irritated do not use contacts until your eyes feel better.
- DO NOT scratch or rub your eyes. Use a saline solution if your eyes itch. Scratching or itching your eyes may cause a corneal abrasion!
- Sleep on a clean satin pillowcase if you tend to be a "face-sleeper."
- You may sleep on 2 pillows or in an upward position if you experience bad swelling. This should help alleviate it some.
- If you need to touch your eyes, use a clean cotton swab and GENTLY do so.
- Touching your eyes with your fingers, unclean cotton swabs or old products may result in an eye infection, corneal abrasion or pink eye!
- Apply a thin layer of the product you are given at your procedure within 24-48 hours to your fresh eyeliner. You will want to use a clean cotton swab to apply it every time. Do not reinsert your cotton swab into the product after it has already touched your eyes. Doing so can transfer bacteria and result in infection. You will want to apply the product morning and night.

### **SALINE REMOVAL AFTERCARE INSTRUCTIONS**

- Keep the area clean and open to the air. Do not cover the area with anything. Keeping it in open air will provide the area with better and faster healing. Avoid touching the area to prevent infection.
- Do not soak the treated area in water or any liquid. You may shower as normal but try to keep the area out of direct water contact. You do not want it wet for more

than a couple minutes. If the area does get wet, ensure you pat it dry (do not wipe).

- No bathing, swimming, saunas, hot tubs, exercise or tanning during healing.
- When the scabs appear, do not pick at them or scratch them. Scabs must fall off naturally. Keeping the scabs on as long as possible will help you achieve better results.
- Once all of the scabbing has naturally fallen off, apply one drop of Vitamin E Oil three to four times per day for a minimum of 4 weeks or until your next removal session.
- For lips - you will want to drink all liquids with a straw until all scabbing has fallen off. Avoid using whitening teeth products. It is best to brush with all natural toothpaste like Toms of Maine or Classic Crest. Try to keep mouth movements to a minimum.
- 8 full weeks of healing must take place between sessions. There are no exceptions to this.
- Results cannot be predicted or guaranteed. Saline removal can be a long process and patience is required.

### **3D AREOLA AFTERCARE INSTRUCTIONS**

- The evening of your procedure, gently remove telfa bandage's. Take a brief, Luke warm shower, washing the area gently with provided soap and clean fingers removing any crusting. After showering gently pat area dry with a clean cloth, reapply aquaphor ointment and telfa bandages. (Remember, color will look roughly 15-25% darker for the first 10 days as the procedure has blood and lymph in it. After the procedure area is healed, it will appear much softer. )
- Repeat this procedure the following morning, evening (Day 2) and morning after that (Day 3).



- **Day 4.** After your shower, you should be healing very well at this point and telfa bandages are no longer necessary. After your shower, allow the area to air dry with nothing on it for at least 30 minutes or longer if possible.
- You may wear a bra, but it is advisable not to wear your favorite as you may still have a very small amount of drainage.

**Failure to follow the above advice will result in less than desired results. As a Cosmetic Tattoo Artist I do my 50%. Now you must do your 50% and follow all proper aftercare instructions for good results! If you have a medical condition such as alopecia or problems with your thyroid, you are at an increased risk for poor retention and ultimately more fading. Additional medical conditions may compromise your healed results as well, for any questions please contact me at (520)425-4258. Every result is individual and Forever Fabulous Permanent Cosmetics cannot guarantee your retention (healed results) and will not be held responsible.**