

Aftercare Instructions: Heal, Peel, & Fade!

(i) Your new tattoo will go through several phases during the next 10 days. Initially, will be very dark, and they might even look bold, harsh, and thicker than you wanted. **DO NOT BE ALARMED!** This is normal. Remember the motto above: heal, peel, & fade! It is normal for your skin to be red and inflamed after your procedure. This should be significantly reduced by Day 3. This is because the pigment is still sitting on top of your skin, has not been absorbed, and it's going to stay this way until Day 7, give or take a day. Remember, your skin is in its healing process.

(ii) By Day 7, the area will start to look very dry, and the tattoo will begin flaking off. **DO NOT PICK-** keep those hands of yours away from the area. Allow the tattoo to slough off naturally. If you are uncomfortable with the way that the dryness looks, or are finding it itchy, you can use a little bit of Aloe Vera gel (If you are allergic to aloe, please use rose water) If the itchiness still feels intolerable, you can pick up a Bactine at your local drug store. Bactine is a topical first aid with local anesthetic that will help with itching, and make the flakiness look less obvious.

(iii) 30%-60% of the tattoo will be gone by day 10. This is normal. Your results will last for up to 3 years – possibly longer if you have dry skin, and possibly less if you have very oily skin. There are a few other things that will affect your tattoo's appearance, and you can find that information on the second page.

(iv) A note about the healing process: Since everyone's body is different, everyone's healing process is different. The better you take care of yourself (eating healthy, resting, etc.), the better and faster your brows will heal. It is important not to drink or smoke (yes, this includes marijuana!) for the first 3 days after your procedure.

(v) Days 1- 3: Apply a thin layer of Bacitracin morning and night, for the first two days following your procedure. After Day 3 (your appointment date is Day 1), discontinue use of Bacitracin.

(vi) To Shower, or Not To Shower? Before bathing, apply a layer of Bacitracin on the area. This will prevent water from getting into your still-healing tattoo. As an extra precaution, tilt your head back in the shower rather than allowing the water to run down your face. You must also do this when you are washing your face. Gently remove the Bacitracin using a dry cloth, cotton suave or Kleenex. Bacitracin can be found at any drug store.

(vii) Post Procedure No-No's: Your First 10 Days

(i) Do not put makeup on or around the area until after Day 10.

(ii) Make sure you are using a clean pillow case.

(iii) Do not tint the area with henna or skin dyes.

(iv) Do not expose your to excessive sunlight. Wear a hat if you are going to be in direct sunlight for an extended period of time.

- (v) No saunas, steam rooms, hot tubs, hot yoga – Anything that causes you to sweat may negatively affect your results. Sweat contains dirt, toxins, and bacteria. You do not want sweat to get into your still-healing tattoo!
- (vi) Do not go swimming in a chlorine pool, or submerge your head underwater.
- (vii) Do not rub, pick at, or scratch the area. This will disrupt the healing process, and may remove the pigment before it is ready to come off, potentially leading to less that will look more like the ones you came in to get fixed.
- (viii) Do not use any products with AHA's (Alpha Hydroxy Acid), Vitamin A, Retinol, Glycolic acid, or lactic acids.
- (ix) Check the back of your face lotions and products. If they have any of the above ingredients in them, it is recommended that you do not use them anywhere near your procedure area, as these can cause the lines of your tattoo to blur, and/or the color of your tattoo to change.
- (x) Do not use any natural oils to aid in healing process. Natural oils (and synthetic oils) will pull out the pigment and cause the crisp lines to blur. Using such oils on the area, even after they are healed, will also have the same negative effect.
- (xi) Do not get Botox injections or facial filler injections until 1 month after your appointment.
- (xii) After the first 10 days
 - (i) Always wear waterproof sunblock to prevent fading when exposed to direct sunlight for an extended period of time.
 - (ii) Do not use any oils (natural or synthetic) on the area. This will cause the crisp lines to blur, and can also cause your tattoo's color to fade or and or change color.
 - (iii) You are not allowed to donate blood until one year has passed from your last procedure.

I, _____, will seek physician's care if I experience excess itching, swelling, tenderness, or redness, elevated body temperature, flu- like symptoms, or any other suspicious symptoms.

I, _____, will seek physician's care if I notice any blisters, seeping wounds, drainage, or a green or yellow fluid excreting from the tattoo site.

I _____, will call 911 and/or seek immediate medical attention if I am experiencing red streaks going from the procedure site towards my heart. Failure to follow the instructions on this form will result in less than desired results.

I, _____, agree to follow all of these instructions.