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Aftercare

The following Aftercare Instructions must be strictly adhered to by the Client after any permanent makeup/cosmetic tattooing procedure(s).

- **Day of Procedure - 3 Days...** The procedure area may be red and swollen for up to 3 days... this is completely normal. You may lightly apply an ice pack wrapped in a paper towel to help alleviate the swelling.
- **For the first 1-2 Hours...** Gently, but firmly blot the procedure area with a clean tissue or paper towel every 15 - 20 minutes. This removes any lymph fluid buildup that would cause premature scabbing. Do this step until there is no longer any lymph fluid present on the tissue.
- **4-6 Hours After the Procedure...** Wipe/blot gently with the sterile water provided using a cotton pad or paper towel and pat dry. Apply a thin layer of the aftercare balm/ointment provided either with a cotton swab or clean fingers. After the first 4 - 6 hours, you may apply a thin layer of aftercare balm/ointment as needed to keep the procedure area hydrated and moist. *Do NOT apply the aftercare balm/ointment to a wet tattoo.
- **Next Day - Day 14...** Wash the procedure area gently for 10 seconds (patting motion, not rubbing), AM and PM, with warm water and the After Soap Cleanser or Dove Sensitive Bar Soap. Splash the area with lukewarm water. Pat lightly with a clean tissue or paper towel. Apply a thin layer of the aftercare balm/ointment once dry. (For eyeliner procedures, do this step for 7 days.)
- The aftercare balm/ointment is to be used as needed for up to 14 days... longer if there is still itching, flaking, and/or scabbing present.

FOLLOW FOR ALL PROCEDURES:

- Do **NOT** allow the procedure area to get wet, other than what was mentioned above for the first 10 days... longer if there is still flaking and/or scabbing present.
- Do **NOT** pick or rub. The flakes must fall off on their own or you risk removing the color and possibly scarring.
- Avoid dirt (as in gardening), extreme perspiration (the gym) for the **first week** to prevent possible infection.
- Avoid makeup on the pigmented area for 2 weeks. You may then use powder products on the brow until healed. (30 days)
- Avoid Retin-A, AHA's, and any other active ingredient products while healing. (30 days)
- Avoid touching with fingers, sunscreens, direct sun, tanning beds & self-tanners on pigmented areas. Once healed, use a good sunscreen daily. (30 days)
- Avoid swimming pools, oceans, hot tubs, saunas, hot yoga, and hot steamy showers. Shower with back to shower head to avoid water, shampoo/conditioner getting into the pigmented area. (30 days)
- Don't be alarmed if pigment comes off onto Q-tip when applying aftercare ointments.
- Never use topical antibiotics unless given to you at time of your procedure, with specific instructions.
- To donate blood, it's a Red Cross policy to wait one year after any tattooing procedure.

EYELINER PROCEDURES:

AVOID:

For 3 Days:

- Contacts
- High Sodium Foods

For 5 Days:

- Eye Makeup (Light Eye Makeup from Day 5-14 . Use a **NEW** tube of Mascara.)
- Eyelash Curlers
- Hot, Steamy Showers
- Jacuzzi and Saunas
- Sweaty Exercise

For 14 Days:

- Lash Lifting
- Lash Tinting
- Eyelash Extensions
- False Lashes
- Eye Creams
- Moisturizers
- Retin-A/AHA Products

For 6 Weeks:

- Lash Boost Serums

LIP PROCEDURES:

- Extreme dryness, flaking and/or scabbing will be present. Keep lips moist at all times.
- Drink ALL Beverages through a straw until peeling and extreme dryness has subsided... this can be anywhere from Day 3 - Day 14.
- Peeling will occur... Do NOT peel off!
- If you are taking an antiviral medication to prevent cold sores/fever blisters... continue to take 1 pill a day for the next 4 days to complete the 6 day prescription.
- If a cold sore/fever blister surfaces because you neglected to take an antiviral medication for any reason, you may use Abreva.

AVOID:

- Teeth Bleaching for 3 Weeks
- Long Wearing Lipsticks & Plumping Glosses for at least 30 days

ACCEPTANCE:

I certify that the above aftercare instructions have been explained to me in detail and my questions have been answered. I accept full responsibility for any complications that may arise or result due to not following the aftercare instructions as provided following the cosmetic procedure(s) to be performed at my request. I have received a copy of the aftercare instructions.

Client Signature: _____ Date ____/____/____

Practitioner Signature: _____ Date ____/____/____