



LAURA McELROY
BEAUTY

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Microblading/PMU Pre and Post Care Information and Consent and Acknowledgement Form

Pre-Care Instructions for ALL Microblading/PMU Procedures

The following are Pre-Care Instructions that must be strictly adhered to by Client prior to any Microblading/PMU appointments.

The Morning of Your Microblading/PMU Appointment:

- Do **NOT** drink coffee, energy drinks, or any other caffeinated beverages, as caffeine thins the blood.
- Do **NOT** take Niacin, Aspirin, Ibuprofen, or any other pain medication that thins the blood.
- Do **NOT** exercise.

24-48 Hours Prior To:

- Do **NOT** drink alcohol or be under the influence of drugs and/or alcohol.

1 Week Prior To:

- Refrain from taking Vitamin E and/or Omega 3 (Fish Oil).

2 Weeks Prior To:

- Do **NOT** receive Fillers or Collagen.
- Refrain from tanning or intense sun exposure.

4 Weeks Prior To:

- Refrain from Using Retinols and AHA Skincare Products.
- Do **NOT** receive Fat Injections.

6 Weeks Prior To:

- Refrain from using Retin-A.
- Refrain from Laser and Chemical Peels.

6 Weeks Prior To:

- Refrain from Microneedling, Vampire Facials, Photofacials, or any other intense skin rejuvenation treatments.

Brow Procedures:

- If so desired, wax or thread your brows **1 week** prior to the procedure. I will clean up the brow with a brow shaver if needed.
- Do **NOT** tweeze your eyebrows for **1 week** prior to the procedure.
- Tint your eyebrows **1 week** prior to, if so desired. The pigment color I select is based on your brow color. If you normally have darker brows due to tinting and want this color for PMU Brows, please do this.

Eyeliner Procedures:

- Remove Eyelash Extensions **2 weeks** prior to the procedure.
- Refrain from using Lash Growth Serums for **6 weeks** prior to the procedure. Lash growth serums make the blood vessels more open, bringing more blood flow to the eyelids. This increases the capillary reaction. When a needle hits that skin, it can cause abnormal bleeding and clotting, bruising, and possible migration. It may also cause little to no pigment retention.

Lip Procedures:

- If you have ever had a cold sore/fever blister... even **ONE** time in your life, it is mandatory you get a prescription for Valtrex. Take 1 pill the day before the procedure, 1 pill the day of, and 1 pill a day for the next 4 days. Get 12 pills so you have enough for your perfecting session.
- Exfoliate lips with a sugar scrub and apply an emollient lip balm or Vaseline to soften the lips. You may start doing this any time prior to the initial procedure, 2-3 times per week.

Topical Anesthetic during ALL Permanent Makeup/Micropigmentation procedure(s):

- **Procedure(s):** A topical anesthetic is used by LMB during all Microblading and other Micropigmentation procedures. The product is formulated to perfectly safe and can be purchased over the counter from any pharmacy. It is placed over the treatment area 20-30 minutes prior to treatment. The use of the anesthetics combined with the procedure(s) you may experience some redness and swelling that can last 1-4 days.
- Follow all post-care procedure advice and instructions for best results.
- **Allergic reaction:** Can occur from any anesthetics used during the procedure(s). If you do suffer from an allergic reaction, you must contact your doctor immediately. Allergic reaction may show through redness, swelling, rash, blistering, dryness or any other symptoms associated with an allergic reaction.
- **Numbness:** LMB cannot accept responsibility if the area to be treated does not respond to the numbing cream. Each individual is different according to skin type.

Microblading/PMU Contraindication

Cannot Perform Procedure(s) if:

- HIV
- Hepatitis
- Liver Disease
- Cancer
- Serious Heart Disorders
- Blood Infections
- Hypo-Pigmentation
- Hypertrophic Scars
- Keloid Scars
- If under 18 Years of Age

Need a Doctor's Letter if:

- Diabetes
- Medications, especially those pertaining to Mental Health and Chronic Acne
- Anemia
- Artificial Heart Valves, Heart Problems, Blood Problems
- Epilepsy
- Tumors, Growths, or Cysts
- Cancer in the Past 6 Months
- Autoimmune Disease (this may be a cannot perform depending on Doctor's evaluation)

Temporarily Cannot Perform Procedures(s) if:

- Pregnant or breastfeeding
- Under the Influence of Drugs and/or Alcohol (Refrain from Alcohol for at Least 24 - 48 Hours)
- Allergies, Especially to Nickel or Topical Anesthetics. (Must do a Patch Test)
- Retinol or AHA Skincare Products within the Last 4 Weeks
- Retin-A, Laser, or Chemical Peels within the Last 6 weeks
- Fillers or Collagen within the Last 2 Weeks.
- Visible Skin Conditions, such as Eczema, Psoriasis, or Chronic Acne
- Fat injections within the last 4 weeks

Other Conditions that may Affect the Healing Time, Color Retention, and/or the Overall Results of the Procedure(s):

- Sensitivity to Cosmetics
- Prolonged Bleeding
- Trichotillomania (Pulling out Hair and Picking)
- Hair Loss
- High Blood Pressure
- Low Blood Pressure (May Experience Dizziness, Weakness, and/or Confusion)
- Hemophilia and other Bleeding Disorders
- Thyroid Disturbances
- Healing Problems
- Hyperpigmentation
- Oily Skin

Post-Care Instruction for Microblading/PMU Brows

The following are required Post-Care Instructions that must be strictly adhered to by Client after any and all Microblading/PMU Brows procedures(s).

- **Day of Procedure...** Swelling may occur. An ice pack covered with a paper towel may be applied on the day of and the next day, if needed.
- **For the first 2 Hours...** Gently, but firmly blot brows with the wipes provided every 15 - 20 minutes. This removes any lymph fluid buildup that would cause premature scabbing.
- **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 6 hours, you may apply a thin layer of aftercare balm/ointment as needed to keep brows hydrated and moist. Be sure to gently remove old balm/ointment before applying new if needed.
- **Directions on Reapplying Ointment as Needed...** Use a cotton swab/cotton pad and the sterile water provided. Pat Dry. Apply a thin layer of aftercare balm/ointment with a cotton swab or clean fingers.
- **Next Day - Day 7...** Wash brows gently for 10 seconds (patting motion, not rubbing), AM and PM, with warm water and Dove Sensitive Beauty Bar. Suds up between fingers so all you feel are the bubbles. Splash your brows with lukewarm water. Pat dry with a clean tissue or paper towel. Apply a thin layer of the aftercare balm/ointment.
- **If given...** Use the Micro Tonic **INSTEAD** of Dove Sensitive Beauty Bar and Water for **the first 48-72 hours**. Start 6 hours after the procedure. Use a cotton pad or swab to apply the tonic, let dry, and apply the aftercare balm/ointment. Do this AM and PM. You may use the aftercare balm/ointment as needed throughout the day. After 48-72 hours or before if the pigmented area feels too dry and tight, you may start with "Next Day - Day 7" Regimen mentioned above.
- Do **NOT** allow brows to get wet, other than what was mentioned above for the first 7 days.
- Do **NOT** pick or rub the brows. The flakes must fall off on their own or you risk removing the color and possibly scarring.
- Avoid touching your brows and be mindful of sleeping on your back until your brows have healed.
- The aftercare balm/ointment is to be used as needed for 28 days. At least 1-3 times daily.

FOLLOW FOR ALL PROCEDURES: A Perfecting Session is included in the pricing and is needed 6-10 weeks following the initial procedure.

- 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 pigmented area. (30 days)
- Avoid dirt (as in gardening), extreme perspiration (the gym) for the **first week** to prevent possible infection.
- Don't be alarmed if pigment comes off onto Q-tip when applying aftercare ointments.
- Don't be alarmed by fading after first application. Final color can't be judged until 2 - 4 weeks post procedure.
- Never use topical antibiotics unless given to you at time of your procedure, with specific instructions.
- If planning a chemical peel, MRI or other medical procedure, please notify technician you have iron-oxide cosmetic tattoo.
- If planning to have laser hair removal on upper lip or a Photo Facial using IPL, notify laser specialist of cosmetic tattoo so this area may be avoided by the laser. Both ablative and non-ablative lasers may cause pigment to turn black.
- To donate blood, it's a Red Cross policy to wait one year after any tattooing procedure.

Post-Care Instructions for Eyelining

The following are Post-Care Instructions that must be strictly adhered to by Client post any Eyelining procedure(s).

- **Day of Procedure - 3 Days...** Your eyes may be red and swollen for 2-3 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 2 Hours...** Gently, but firmly blot eyes with the wipes provided every 15 - 20 minutes. This removes any lymph fluid buildup that would cause premature scabbing.
- **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 6 hours, you may apply a thin layer of aftercare balm/ointment as needed to keep eyeliner hydrated and moist. Be sure to gently remove old balm/ointment before applying new if needed.
- **Directions on Reapplying Ointment as Needed...** Use a cotton swab/cotton pad and the sterile water provided. Pat Dry. Apply a thin layer of aftercare balm/ointment with a cotton swab.

- **Next Day - Day 7...** Wash eyes gently for 10 seconds (patting motion, not rubbing), AM and PM, with warm water and Dove Sensitive Beauty Bar. Suds up between fingers so all you feel are the bubbles. Splash your eyes with lukewarm water. Pat lightly with a clean tissue or paper towel. Apply a thin layer of the aftercare balm/ointment.
- **If given...** Use the Micro Tonic **INSTEAD** of Dove Sensitive Beauty Bar and Water for **the first 48-72 hours**. Start 6 hours after the procedure. Use a cotton pad or swab to apply the tonic, let dry, and apply the aftercare balm/ointment. Do this AM and PM. You may use the aftercare balm/ointment as needed throughout the day. After 48-72 hours or before if the pigmented area feels too dry and tight, you may start with “Next Day - Day 7” Regimen mentioned above.

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 7 Days:

- Chlorinated/Salt Water Pools

For 14 Days:

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

For 6 Weeks:

- Lash Boost Serums

FOLLOW FOR ALL PROCEDURES: *A Perfecting Session is included in the pricing and is needed 6-10 weeks following the initial procedure.*

- 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 pigmented area. (30 days)
- Avoid dirt (as in gardening), extreme perspiration (the gym) for the **first week** to prevent possible infection.
- Don't be alarmed if pigment comes off onto Q-tip when applying aftercare ointments.
- Don't be alarmed by fading after first application. Final color can't be judged until 2 - 4 weeks post procedure.
- Never use topical antibiotics unless given to you at time of your procedure, with specific instructions.
- If planning a chemical peel, MRI or other medical procedure, please notify technician you have iron-oxide cosmetic tattoo.
- If planning to have laser hair removal on upper lip or a Photo Facial using IPL, notify laser specialist of cosmetic tattoo so this area may be avoided by the laser. Both ablative and non-ablative lasers may cause pigment to turn black.
- To donate blood, it's a Red Cross policy to wait one year after any tattooing procedure.

Post-Care Instructions for Lip Procedures

The following are Post-Care Instructions that must be strictly adhered to by Client post any Lip procedure(s).

- **Day of Procedure...** Swelling may occur. An ice pack covered with a paper towel may be applied on the day of and the next day, if needed.
- **For the first 2 Hours...** Gently, but firmly blot lips with the wipes provided every 15 - 20 minutes. This removes any lymph fluid buildup that would cause premature scabbing.
- **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 6 hours, you may apply a thin layer of aftercare balm/ointment as needed to keep lips hydrated and moist. Be sure to gently remove old balm/ointment before applying new if needed.

- **Directions on Reapplying Ointment as Needed...** Use a cotton swab/cotton pad and the sterile water provided. Pat Dry. Apply a thin layer of aftercare balm/ointment with a cotton swab or clean fingers.
- **Next Day - Day 7...** Wash lips gently for 10 seconds (patting motion, not rubbing), AM and PM, with sterile water and Dove Sensitive Beauty Bar. Suds up between fingers so all you feel are the bubbles. Splash your lips with sterile water. Pat lightly with a clean tissue or paper towel. Apply a thin layer of the aftercare balm/ointment.
- **If given...** Use the Micro Tonic **INSTEAD OF** Dove Sensitive Beauty Bar and Sterile Water for **the first 48-72 hours**. Starting 6 hours after the procedure. Use a cotton pad or swab to apply the tonic, let dry, and apply the aftercare balm/ointment. Do this AM and PM. You may use the aftercare balm/ointment as needed throughout the day. After 48-72 hours or before if the pigmented area feels too dry and tight, you may start with “Next Day - Day 7” Regimen mentioned above.
- The aftercare balm/ointment is to be used as needed for 28 days. At least 1-3 times daily.
- 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 Valtrex 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 Valtrex for any reason, you may use Abreva.
- Lips tend to fade 40%-60% and color may “hide” for up to 4 weeks before resurfacing.

AVOID:

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

FOLLOW FOR ALL PROCEDURES: *A Perfecting Session is included in the pricing and is needed 6-10 weeks following the initial procedure.*

- Avoid makeup on the pigmented areas while healing. (14 days) After 14 days, may use hydrating lipsticks, glosses, and balms only.
- * Avoid Retin-A, AHAs, 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.
- 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 pigmented area. (30 days)
- Avoid dirt (as in gardening), extreme perspiration (the gym) for the **first week** to prevent possible infection.
- Don't be alarmed if pigment comes off onto Q-tip when applying aftercare ointments.
- Don't be alarmed by fading after first application. Final color can't be judged until 2 - 4 weeks post procedure.
- Never use topical antibiotics unless given to you at time of your procedure, with specific instructions.
- If planning a chemical peel, MRI or other medical procedure, please notify technician you have iron-oxide cosmetic tattoo.
- If planning to have laser hair removal on upper lip or a Photo Facial using IPL, notify laser specialist of cosmetic tattoo so this area may be avoided by the laser. Both ablative and non-ablative lasers may cause pigment to turn black.
- To donate blood, it's a Red Cross policy to wait one year after any tattooing procedure.

- **Failure to follow aftercare procedures may cause loss of pigment, discoloration, or infection.** Remember colors and/or hair strokes appear darker and sharper right after your Microblading/PMU procedure. As the treatment area heals, the color will soften and may even disappear and reappear.

Pricing:

A \$50 Non-Refundable Booking and Service Fee will be taken at the time of booking for all initial Microblading/PMU Procedures. This fee is taken off of the 1st Session.

Microblading: (3D Hair Strokes) - \$500

1st Session - \$350

2nd Session - \$150

Combo Brows: (Microblading with Shading) - \$550

1st Session - \$400

2nd Session - \$150

PMU Brows: (Powder or PMU Strokes w/ Shading) - \$500

1st Session - \$350

2nd Session - \$150

Lash Enhancement Liner: (A subtle top liner in the lash line to make eyes pop and lashes appear more full) - \$300

1st Session - \$200

2nd Session - \$100

Add Bottom Lash Enhancement - Add \$50 to 1st Session

Classic Eyeliner: (Lash Enhancement Liner is included) - \$400

1st Session - \$250

2nd Session - \$150

Add Bottom Liner - Add \$50 to 1st Session

Lip Blush: (Enhance natural lip color and correct shape)

1st Session - \$350

2nd Session - \$150

2nd Sessions: 6-10 Weeks **AFTER** Initial Procedure

* Please note Micropigmentation is a process, the Perfecting Enhancement Session (2nd Session) is a very important part and is needed 6-10 weeks after all initial procedures.

Touch Ups: (Single Appointments)

Brows, Classic Liner, and Lips

3 - 11 Months - \$200

Yearly - \$250

2+ Yearly - \$400 and up to full price depending on what is left, if any

* Add \$50 if doing top & bottom eyeliner

* Add \$100 if adding shading to Microblading touch ups for the **1st time** ... in this event, you may choose to come back for an additional appointment to touch up 1st time shading. An additional shading touch up appointment is \$50. This service must be rendered within the 6-10 week timeframe to receive this price. Going forward, all brow touch ups will then follow the pricing listed above.

Lash Enhancement Liner -

3-11 Months - \$100

Yearly - \$150

2+ Yearly - \$250 and up to full price if completely faded away

* Add \$50 if doing top & bottom eyeliner

- **Touch Ups are for clients who have had previous work done by me. Any client who has had previous permanent makeup done by someone else who is in need of a touch up will be treated as a new client.**

CONSENT AND ACKNOWLEDGMENT

I have received, read and fully understand the above information provided and any and all risks involved with the procedure(s). I agree to strictly adhere to pre and post care instructions and advice. I understand the failure to follow LMB's pre and post care instructions and advice may impact the quality, longevity, and success of the procedure(s).

CLIENT: _____ DATE _____

LAURA MCELROY BEAUTY
By: Laura McElroy, Owner _____ DATE _____