



401 E. 8th St. #224 (8th & RR) • Sioux Falls, South Dakota 57103 • (605) 370-1577 • www.lauramcelroybeauty.com

Pre-Care Instructions for ALL Microblading/PMU Procedures

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.
- 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 be 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.