

Pre-procedure Instructions for Permanent Makeup

When scheduling an appointment date for a permanent makeup procedure, keep in mind the healing time of the procedure. You will need a few days afterward without social plans or strenuous activity. You may not look your best (swelling, oozing, & looks like wet paint) so plan activities around the house.

Plan a shopping trip ahead of time for items you will need: ointments, straws, napkins for blotting, Q-tips, OTC pain reliever, prescriptions, a good book or movies. Get ahead on your dirty work – no lawn mowing or chores that will get dirt/ bacteria on the healing area.

Do not have a procedure right before going on vacation because:

- 1) You need healing time – you will not look like you had a makeover at the mall,
- 2) You may not be able to avoid sun, wind, or other items listed in post-care instructions,
- 3) If you have a question or permanent makeup problem it would be best to be near your permanent makeup artist and local physician.

Do not wear your good clothes for the procedure because pigment might splatter on them. Pigment washes out of most clothes, but better safe than sorry. Wear something comfortable.

Patients on prescription medications should check with their doctor regarding interactions, especially those on heart medications or blood thinners. Some medications and herbs can increase swelling and bleeding. Never discontinue a medication your doctor has recommended for you without consulting him or her. Consult with your doctor to see if you can go off these medications for 24 hours prior to the procedure. If not, then permanent makeup is not recommended. The same goes for alcohol. These things can cause excessive bleeding which will result in poor color retention.

Antihistamines like Benedryl taken before the procedure may reduce swelling and help you relax. Benedryl also helps eyes not be so watery

during eyeliner procedures. Watery eyes can dilute the pigment that is being implanted.

For EYELINER

- * Do not wear contact lens during the procedure or for 24 hrs after.
- * Bring sunglasses to wear home. Eyes may be light sensitive.
- * Do not dye or perm lashes for 2 days prior.
- * Do not use eyelash curler the day of the procedure.
- * Do not use lash growth serum for two weeks before or after your procedure
- * If you have had any type of eye surgery, consult with the physician about how long you should wait before having a permanent eyeliner procedure. Most physicians are giving a 2 month ok after cataract, lasik, and blepharoplasty.

EYELINER AFTER CARE

Your permanent cosmetic procedure was performed using a sterile single-use needle and high quality pigments. The end result of your procedure depends greatly on following this aftercare protocol. If you allow your eyeliner to dry out during the first few days you stand the chance of losing all or much of your eyeliner color. Please follow the instructions below unless otherwise instructed by a physician.

Don't be alarmed at how dark the color looks right after the application. The final result will be lighter than it first appears. During the first two weeks some pigment may drop out or appear like it is flaking off, you will lose about 20% to 40% of your color. This is normal and can be filled in on the follow up touch up visit. You may not come in sooner for a touch up than 6 weeks. Touch up done before 4 to 6 weeks will cause the skin to be overworked and scarring may develop. Everyone's skin is different. Some people may lose more color than others. This is normal and means that the color will need to be adjusted to a darker color.

Do not wear contact lenses for at least 48 hours following the procedure.

If you donate blood, it is a Red Cross policy that you must wait one year after any tattooing procedure.

The day of the procedure:

Every hour, wash area with a clean cool wet cloth. Use a fresh q-tip to apply Vaseline ointment, flip it and wipe off excess. You only need a light coat of ointment as a barrier so the skin can also breathe.

No make up today!

Eyes may be swollen and tender, this can last for a few days. Don't worry about the swelling, your eyes will become much less swollen within a couple of hours with normal activity. You can do two, 10 minute ice packs today to help with swelling.

** In the morning, after cleaning, apply a 10 minute ice pack. They will be the most swollen and crusty the morning after the procedure.

For the next 7 – 10 days:

It's very important to keep your eyes moist at all times with Vaseline ointment. It is absolutely imperative that you do not let the eyeliner area dry out, as this will create dryness and scabbing, resulting in the loss of color and shading. It is best to apply the ointment approximately 3-4 times a day. Always use a fresh Q-tip with each application of ointment; this will reduce the risk of a secondary infection. (Remember to wipe off excess.) Be sure to put ointment on right before you go to bed at night, first thing when you wake up in the morning after cleaning and one to two more times during the day. Itching is also common but do not rub your eyes or pick at the eyeliner, if you notice a little lifting of color, let it fall off naturally.

Do put ointment on eyeliner area right before you shower or wash your face to help protect the area from soap and water. Then put ointment on again after you dry your face. Don't use soap or cleansing products around your eyes, use Vaseline to remove eye makeup.

**All makeup used AROUND NOT ON the eyeliner must be NEW and bacteria free!! Old makeup can cause an infection. Make sure you have a thin coat of Vaseline on before you apply ANY makeup to create a barrier.

Do wear sunglasses when in the sun in order to protect the fresh color for the first two weeks.

Avoid tanning beds, the sun, pools, hot tubs, and any bodies of water, direct water pressure and all creams around the eye for two weeks.

Do not dye, perm, or use an eyelash curler for 2 weeks.

Do not take hot showers or baths and avoid heavy exercise, saunas, and hot tubs, as this will cause the color to sweat out of the skin.

Don't touch with fingers. Stay away from dirt (gardening or sport activities) to prevent possible infections.

Long Term Maintenance

Permanent makeup is permanent wherever it is tattooed because the pigment molecules remain in the skin. That is why it is critical that you choose a well-trained, knowledgeable, and experienced professional for your procedure. However, the color of your permanent makeup will be semi-permanent. It will require some maintenance because it will fade over the years. How quickly your color fades will depend on several factors: Following after care instructions, UV exposure (sun or tanning beds), skin care treatments, health conditions, medications, lifestyle (e.g., smoking), and the original color implanted (lighter colors fade faster than darker ones). Many people schedule a "booster" visit every year to refresh their makeup color.