



### **Permanent Makeup PRE-CARE**

Following Pre-Care instructions is very important for the best possible outcome. Pre-Care instructions are designed to limit bleeding and skin sensitivities during the service. Excessive bleeding during the procedure will dilute the pigment color and lead to poor healed results. Pigment when mixed with blood will change the color result, appearing ashy/purple.

1. DO NOT WORK OUT 48 HOURS BEFORE THE PROCEDURE
2. NO ALCOHOL, ASPIRIN, IBUPROFEN, NAPROXEN, TURMERIC 48 HOURS BEFORE PROCEDURE
3. NO CAFFEINE THE DAY OF THE TREATMENT
4. AVOID SUN AND TANNING ON THE FACE 2 WEEKS PRIOR TO THE PROCEDURE
5. Impaired skin must be reported before appt. such as skin breakouts, rashes, eczema etc.
6. AVOID FISH OIL, PRENATAL VITAMINS, NUTRITIONAL SHAKES, AND "HAIR-SKIN-NAILS" SUPPLEMENTS
7. NO FILLERS 4 WEEK BEFORE & 2 MONTHS AFTER – (Botox, Restylane, etc.) on forehead, temple & eyes
8. NO WAXING/TINTING/THREADING 1 WEEK BEFORE PROCEDURE – More natural hair is better
9. SMOKERS OF ALL KINDS - Clients who smoke THC or cigarettes will bleed more, which will lead to poor retention and slow healing of wounds.
10. DISCONTINUE TOPICAL SKIN CARE TREATMENTS/PROGRAMS - Retin-A, Chemical & Laser peels, Microdermabrasion, Alpha Hydroxy Acid (AHA), and any chemical exfoliants or "brightening" skincare at least 6 weeks prior to procedure. (Once brows are healed, avoid use of these products near the eyebrows for prevention of premature fading.)

**Remember this is an investment in YOU.**

**So, take care before & after to aide in the best possible result for YOU!!**