

Permanent Cosmetics Care and Information

PRE-PROCEDURAL DIRECTIONS

- If you are having an eyebrow procedure, any tweezing or waxing should be done at least 48 hours prior to the procedure, electrolysis no less than five days before. Do not resume any method of hair removal for at least two weeks following your procedure.
- If you are having a lashliner procedure, eyelash and/or eyebrow tinting or eyelash perming should be done no sooner than 72 hours before or two weeks after an eyebrow or eyeliner procedure.
- If you are having a lashliner procedure, do not wear contact lenses during or immediately following the procedure. Be sure and bring your glasses with you to the appointment, as well as a storage case for your lenses. It is recommended that you refrain from the use of contact lenses for a minimum of 2 days **or until your eyes return to their normal condition** after an lashliner procedure. If you have any questions regarding when to resume wearing your contacts, contacting your eye care provider for specific directions regarding when you may resume use of your contacts is recommended. It is also recommended that you have eye wash (not saline) available & put the gel eye mask that was given to you, in the refrigerator when you return home from your appointment, for after care purposes. As a safety precaution in the event of swelling or watery eyes, it is recommended that you have someone available to accompany you or drive you home.
- Refrain from the use of alcohol, aspirin-containing products, Vitamins A and E for 3 days before and 2 days after your procedure. . These products thin the blood. Also refrain from judgment-altering drugs for at least 24 hours prior to the procedure Note: Never discontinue use of any medication, prescription or over the counter, that has been prescribed or recommended by your physician without his/her consent, and inform your technician in the event continued use of any of the items listed above is required.
- Refrain from excessive consumption of products containing caffeine the day of the procedure. These products contribute to nervousness.

POST PROCEDURAL GENERAL DIRECTIONS

Proper care following your procedure is required to achieve optimum results. Keep in mind that some intensity and/or unevenness of color, especially after the initial application of pigment is normal. Adjustment(s) to these factors is the purpose of the follow-up appointment. Review and follow the directions provided below. If, during your healing process, you have any questions or concerns, contact me at any time. Due to exposure to environmental bacteria during the healing period, there is always a low risk of infection to the procedural site. In the event you should develop an infection please contact your physician immediately and advise me at your earliest convenience.

- Ice packs protected with a barrier (cooled gel eye mask) may be applied as necessary to reduce swelling. One 15-minute interval per hour for the next 12 hours. (12 sessions of ice packs). Do NOT ice up more than 15 minutes at a time! (Ice on the area for longer periods of time is NOT more beneficial! After more than 15 minutes of applying ice the brain is fooled & frost bite may begin to take place. As a result, more blood is rushed into the area which actually increases swelling!) Sleeping slightly elevated may assist in the reduction of swelling that is sometimes seen the day of and/or the morning after procedures. (Sometimes there is oozing, so do not use your best pillowcases.)
- Wash your hands before touching any treated area. Cotton-tipped applicators may be used to gently cleanse the eye area with eyewash. Do not expose your procedure(s) to unsanitary conditions. Wearing glasses outdoors is a good way to protect new lashliner from the environment. Clean the treated area with the recommended products and apply aftercare ointment 3-5 times daily, up to 10 days, or as needed. **Avoid possible allergic reaction by NOT using an antibiotic ointment on the eyes!**
- Some tenderness, puffiness, dryness and itching are quite normal to the treatment and healing process. **DO NOT SCRATCH the treated area or your color may heal unevenly and you risk scarring and infection. DO NOT PICK OR PEEL ANY SCABS OR PIGMENT THAT MAY BE FLAKING OFF. THIS MAY ALSO PULL OUT COLOR WHICH = A TOUCH UP!**
- Do not apply makeup on the treated area for 5 days after the procedure. After any lashliner procedure, use new mascara. **DO NOT USE** an eyelash curler for two weeks. This instrument pulls the eyelashes and the tissue containing your eyeliner pigment that surrounds the lashes. You must allow the healing process to get well under way before you stress the tissue in this area. Use artificial tears if needed. (Not saline.)
- During the healing process, do not expose your healing skin to hot tubs, saunas, salt water, chlorinated pools, direct shower spray, hot water or chemicals. You may gently wash your face with a mild cleanser, no scrubbing. Direct sun exposure and tanning beds should be avoided indefinitely. Do not do any heavy exercise or anything that will cause sweating for 24 hours. Both are counter-productive to the Permanent Makeup procedure you have received.

CARE FOR YOUR PERMANENT MAKEUP PROCEDURE(S):

- Apply an ice pack & use a gel eye mask to reduce swelling as required. Always put a barrier between the skin and the ice pack in order to avoid an ice burn to the skin. (See “post procedural” for more details.)
- For 3 days (as a minimum) morning and evening, moisten a cotton pad with bottled water, or eyewash (not saline) if your procedure is an lashliner, and blot off the body fluids from the treated area(s). If you have eyebrow hair move the hair aside so that the area you are blotting is directly on the treated area (skin). Special attention to cleansing of body fluids and excess pigment in the eyelash area is critical. This is an area that is difficult to get to. In the event the treated area(s) feel dry, blot the area(s) and apply ointment more frequently, as required, to remain clean and moist. If the body’s healing fluids are allowed to remain on the area(s), they will soon develop into a scab. Scabbing results in uneven color distribution in the treated area(s). After 3 days blotting may be discontinued and only ointment applied to skin that has been cleaned with a mild skin cleanser or just water, (Do not use any cleansing products that contain acids such as glycolic or lactic.)
- Immediately after blotting off the body fluids on the treated area, using a clean cotton swab, apply a very light film of the ointment you were provided to the treated area(s). Apply SofTap post treatment ointment “Recover All” 3-5 times daily or as needed, it traps the color into the skin & begins the healing process immediately. In the event the ointment I provided is not agreeable to your skin, you may apply a general-purpose ointment of your choice, i.e., Vaseline, A&D Ointment. (Avoid an antibiotic ointment as it may cause an allergic reaction.) Continue to apply ointment to the treated area(s) up to 10 days. The eyes are very sensitive to ointments so use very very sparingly and do not allow the ointment to come in contact with the eye itself. Keep the ointment contained to the lashliner above and below the eyelashes. If you feel any discomfort IN the eye itself, this is not normal and you should immediately see an eye doctor.
- Long Term Maintenance: Use a sunscreen daily and avoid exposure to abrasive or acid based facial products.

HEALING AGENDA:

Eyebrows

Day 1-3 The eyebrows are approximately 20% to 25% darker and bolder in width than when healed. Your skin is red under the pigment that causes the color of the pigment to appear darker. There is some swelling, although difficult to actually see due to the thickness of the skin in the eyebrow area. This will subside. Exfoliation, which begins in a few days, will cause the excess pigment surrounding the eyebrow procedure to flake away and a more narrow appearance will result. New skin will heal over the pigmented area and result in a softer appearance of your eyebrows. Don't be concerned that your eyebrows initially appear darker and heavier in size than you desire. This is all part of the process. Possible itching from the healing process is normal. Exfoliation begins.

Day 4 Exfoliation is in process and small particles of pigment flake off.

Day 5-7 Color finishes flaking off and you will see a softer, however grayer effect for a few days until the color clarifies.

Lashliner

Day 1 Probable slight swelling. This is dependent upon the amount of histamines in each client's body. Normally you will appear as if you have been crying or have allergies. The lashliner appears darker and thicker than it will in a few days.

Day 2 The morning of day 2 is normally the morning the swelling will peak. Plan on some time in the AM for on again/off again icing of the eye tissue. The darker and thicker appearance continues.

Day 3-4 Less swelling, however the eye tissue feels tight and somewhat drawn. Exfoliation begins. Some feeling of pinching and itching is quite normal. The pigment is dehydrating under the eye tissue and exfoliation continues.

Day 5 The color of your lashliner may appear somewhat grayish; however the color will clarify in a few days.

Day 6 The pigment has dehydrated under the skin and exfoliated. The applied lashliner design appears thinner and lighter than on day one.

Procedures are conducted in accordance with high sanitation and sterilization in accordance with Occupational Safety and Health Administration standards. Once you leave my facility it is important to follow after care instructions to avoid complications. Tenderness to the procedure area is expected. This is a wound that must heal. However, as you resume your normal activities there is always a possibility of environmental bacteria affecting the procedural area. If you observe any conditions that are not consistent with the healing agenda descriptions above, contact your physician or eye doctor for treatment and advise me as soon as possible at 707-450-6798.