



Pre Procedure Instructions and Recommendations

What you need to know **BEFORE** your appointment for a permanent cosmetic procedure.

- You must be at least 18 years old with proof
- You must not be pregnant, or nursing
- If you have auto-immune conditions or problems with healing you must obtain a written physician's consent
- You must not be under the influence of drugs or alcohol
- It is best to refrain from the consumption of products containing Caffeine, Aspirin, Niacin, Vitamin E, Fish Oil, Ibuprofen 48 hours prior to the day of the procedure. Never discontinue the use of any medication prescribed by your physician without his/her consent
- You must not be taking Accutane
- You must discontinue the use of Latisse® or other lash enhancement products for at least one month prior to eyeliner procedure and one month following. The continued use is not recommended as it may affect deposited color retention.
- If you receive Botox injections you will need to wait 2-3 wks. **AFTER** your treatment for an eyebrow procedure. Additionally you will need to wait to have another injection until ALL (may take 2-3 procedures depending on expectations and healing) eyebrow procedures are completed and healed 2-3 wks. Plan accordingly as this *may* be up to 3-4 months.
- If you wear contact lenses, they will need to be removed before the eyeliner procedure. It is recommended that you bring your eyeglasses to your appointment, as well as a storage case for your contacts. You may resume wearing your contact lenses as soon as your eyes return to their pre-procedural condition. Additionally if you suffer from pollen season be sure to avoid scheduling a procedure at that time.
- You must list all medications which you are taking
- Refrain from having electrolysis or other hair removal (waxing) 5 days prior to and two weeks following Permanent Cosmetics
- Eyelash/eyebrow tinting should be done no sooner than 5 days prior and two weeks after the procedure
- You must consent to before and after photographs
- Arrive with a makeup free face. Do NOT arrive with a sunburned face. Your procedure will not be able to be performed and you *may be charged your procedure fee for my time slot you booked.*
- Please leave your children at home. You will not be able to attend to them during the procedure. Arrive solo as no one else will be allowed in the procedure room unless you are disabled and require an assistant in which case it is *mandatory* for that assistant to stay with you.
- Wear comfortable casual clothing ... you will be lying down for a while... and do not arrive hungry.
- The Red Cross will not accept blood donations for one year following a tattoo procedure
- It is recommended to schedule your appointment after the completion of your menstrual cycle as we have found the body to be more sensitive immediately before and during this time. However, we do use very effective numbing creams.
- It is recommended to schedule your procedure when you will not be engaged in social activities as to give yourself time to "heal and peel" and soften the color.
- Do not be shocked by the color following the procedure. All colors will appear sharper and bolder than anticipated; however, will soften considerably within 5-14 days. This softening is the result of the exfoliation process and new cell growth in the treated area(s).
- You will NOT be unable to wear cosmetics on the treated area for 7-10 days following your procedure. It is advised to purchase a NEW tube of mascara to use after an eyeliner procedure
- You may experience swelling and/or bruising on the treated area. This is usually minimal and will subside quickly. Ice packs are recommended for swelling.
- The application of a NEW Permanent Makeup Procedure is most commonly a two or more step process.
- NEW procedures often require a second procedure - a "top off" to fine tune. It is recommended to schedule this after 4 weeks of healing has completed to determine your need and schedule to be done between 6-8 weeks after new procedure.
- Stay out of swimming pools and hot tubs for 2 weeks following your procedure.
- Stay out of direct sun during the healing process.
- Stay out of unsanitary areas during healing, i.e., lakes, rivers, windy areas, etc. Keep hands OFF procedure and away from pets.
- All Permanent Makeup must be blocked from the sun and other UV exposure in order to prevent premature fading.
- All procedures (organic and Iron Oxide) will fade over a period of time. How much fading occurs is dependent on your skin, your life style and the use of skin products detrimental to the pigments color. You should plan on maintenance in order to keep them looking their best.
- In the event that you need an MRI scan, chemical peel, laser treatment or other related medical treatments, you must inform the radiologist/physician that you have Permanent Makeup. There is no reason to indicate you should not have any of these procedures due to permanent cosmetics, however the technician may take additional steps to protect your cosmetics from damage. MRI is safe after the procedure!
- BE ON TIME OR EARLY...LATE BY MORE THAN 20 MINUTES MAY RESULT IN NEEDING TO RESCHEDULE *and you may be charged your procedure fee for my time slot you booked.*
- PLEASE PROVIDE 24-48 HOUR NOTICE IF YOU NEED TO CHANGE YOUR APPOINTMENT
- Method of payment is cash, personal check (with I.D.) or credit card. Please note CREDIT CARD PAYMENT WILL BE SURCHARGED 2.75%