

## AFTER CARE INSTRUCTIONS

**Proper care following your procedure is important and required to achieve optimum results.** After your procedure you WILL be swollen. Some client swell minimally and some will swell more. Everyone heals differently. This can cause the area(s) to appear un-even, red, itchy and irritated while healing. The area will also appear much darker and thicker than the final result. It's not uncommon for the procedure area to shrink anywhere from 10%-40%. This typically happens with 3-30 days of the first procedure. **There WILL be some shedding and/or peeling or scabbing of the skin with some remnants of the color in it as the treated area heals.** DO NOT PICK! Some areas of the procedure may fade more than others and as the pigment oxidizes it will start to darken up again over 2-4 weeks. This is 100% normal and expected After the follow up visit, the body is used to the pigment and will retain much better and won't fade as much as the initial procedure. **All permanent makeup is suggested to have 2 procedures, as well as maintenance "color boosts" to keep the procedure looking its best.** Your skin type and lifestyle will play a major roll on the final result.

1. All eyebrow procedures: approx. 4 hours after brows are complete, take a small amount of either distilled water or boiled water that is cooled to room temperature. Get paper towel wet and squeeze out excess water. Blot gently (DO NOT RUB) on brow area with moist paper towel to remove any lymph or blood that may have oozed out of the procedure area.
2. Keep your all eyebrow and eyeliner procedures area **DRY** during the healing process (14 days).
3. During healing process DO NOT expose your new procedure to sun, chemicals, hot tubs, saunas, direct shower spray, hot water, salt water, steam, chlorinated pools, lakes or ponds.
4. **EYEBROW PROCEDURE: NO EXERCISING FOR A MINIMUM OF 10 DAYS OR UNTIL ALL YOUR SCABBING HAS NATURALLY COME OFF! NO EXCEPTION!!! DO NOT DO ANY ACTIVITY THAT CAUSES SWEAT IN THE AREA OF THE PROCEDURE OR YOUR FACE TO HEAT UP AND TURN RED.**
5. **ABSOLUTELY NO SUN EXPOSURE or TANNING/TANNING BEDS** during healing. Direct sun or sunbeds should be avoided indefinitely... Both are counter-productive to the cosmetic procedure.
6. Absolutely **NO** pet grooming, gardening, dusting or anything that causes dust, dirt and dander for a minimum of 72 hours. Waiting 5 full days is best.
7. NO Water activities, NO horseback riding, NO camping or riding ATIV's etc.....
8. Ointment: Only apply ointment or Grapeseed oil that Crystal has provided you or recommended you get. ONLY OMBRE/POWDER BROWS, LIPS, & AREOLAS will require an ointment or oil. All other procedures will be required to DRY HEAL. Some itching is normal. DO NOT PICK, PEEL, OR SCRATCH the treated area or your color may heal unevenly and you risk pulling out pigment, scarring and infection.
9. No topical makeup on healing procedure(s) for a minimum of 7 days. You may apply makeup around the new procedure but avoid on healing areas. Topical makeup is bacterial and your new procedure(s) need adequate time to heal to avoid irritation and/or infection. After any eyeliner procedure, No mascara for 7 days post procedure. And after that 7 days, make sure you get a **new tube** of mascara. Do NOT use an eyelash curler for two weeks.
10. After a lip procedure, keep your lips moist at all times with aquaphor. Drink through a straw for at least 3 days, avoid salty, spicy, oily foods or heat. If using herpes medication, continue as prescribed. Do not use teeth bleaching toothpastes or bleaching products until fully healed.
11. No contact lenses for 5 full day for eyeliner clients.
12. No facials, chemical peels or facial treatments for 3-4 weeks
13. Lastly... relax! Don't worry about a thing. It's just a tattoo that will lighten, soften and heal in a matter of days. Do exactly as I have advised you to do OR what not to do and all heals well. Complications are extremely rare.

### LONG-TERM CARE

1. Use a good sunscreen daily - even the lips require protection. Sun exposure will fade your permanent cosmetics and may cause irritation even years later.
2. If you are planning chemical exfoliation, MRI, or other medical procedure, please inform your physician of your cosmetic tattoo.
3. If you donate blood, it is a Red Cross policy that you must wait one year after any tattooing procedure in unregulated states – check if restrictions apply to you.