

## Post- Procedure Instructions for Permanent Cosmetics

Listed below are your post-procedure instructions and answers to few questions you may have regarding permanent cosmetics.

**Please do not get the tattooed area wet for six hours after the procedure. No physical exercise for 24 hours. You will need to purchase a new jar of Vaseline or a new tube of Aquaphor depending on the procedure you are having done. Do not apply ointments with your fingers, use Q-tips.**

### Eyeliner

- The area may be puffy post procedure for the first few mornings (the wider the liner, the more swelling is to be expected). To minimize swelling or bruising and to promote comfort, you may apply ice for 10 minutes every hour for up to 24 hours post procedure. Put ice in a plastic bag and place a paper towel or cloth between the ice and your skin.
- Apply a **very light** layer of Vaseline with a Q-tip to liner area 3 times a day for 7 days. . Do not apply ointments with your finger, use a Q-tip. Avoid getting the Vaseline into your eye as this can invite an infection. **DO NOT APPLY A THICK LAYER.** If you can see it, you have too much on. Keep the area moist with a thin smear of Vaseline.
- To decrease morning swelling; during the next 48 hours sleep elevated on two or more pillows. Refrain from eating high sodium foods that may increase puffiness around the eyes. Refrain from the use of mascara for 7 to 10 days. You will need to purchase a new tube of mascara to use after each tattoo procedure.
- Avoid picking or scratching the tattooed area. Do not tint eyelashes for 3 weeks. Apply a thin layer of Vaseline to the liner prior to showering for the 7 day healing period. Do not use *Latisse*® in-between this procedure and the 2<sup>nd</sup> application of pigment. **Wait 4 weeks** after your final procedure to resume use of *Latisse*®.

### Eyebrows

- Generally, there will be slight swelling and a little redness in the immediate area.
- Apply a **very light** layer of Vaseline to brows 2-3 times a day (morning, night, and in between) for 7 days or until the brows are healed. Do not apply ointments with your finger, use a Q-tip. **DO NOT APPLY A THICK LAYER.** Apply a thin layer of Vaseline to the brows prior to showering for the 7 day healing period.
- If a slight crust appears on pigmented surface, **DO NOT** remove by picking or scratching (you will remove the pigment along with crusting). Brows are not considered healed until all crusting has exfoliated.
- Wash with mild soap and water and then pat dry. Avoid eyebrow pencils and do not put powder on brows (to lighten) during the healing period. Avoid tinting eyebrows for 3 weeks following procedure and touching with fingers.

### Lips

- Swelling may be moderate. To minimize swelling, bruising and to promote comfort, you may apply ice for 10 minutes every hour for up to 24 hours post procedure. Put ice in a plastic bag and place a paper towel or cloth between the ice and your skin. Swelling of the lip tissue is normal and it will resolve within three days.
- Lips will be very dry and peeling will occur. Keep the lips moist at all times using Aquaphor, which can be purchased at any pharmacy. **DO NOT APPLY A THICK LAYER.** Do not apply ointments with your finger, use a Q-tip. **DO NOT USE PURE VASELINE ON THE LIPS.**
- Do not pick peeling skin! Lips have a tendency to fade 60% and color hide for a 6-week period before resurfacing. This is normal. After the healing period, the lips will always require a sun screen due to photosensitivity. Avoid direct sun and tanning beds on pigmented area forever to minimize rapid fading of the lip color.
- Apply a thin layer of Aquaphor to the lips prior to showering for the 7-10 day healing period. Avoid teeth bleaching for minimum of 3 weeks. For 2 weeks, try not to wipe your lips with a napkin while eating. Drink through a straw with all beverages including tea and coffee. Rinse your mouth with cool water after eating and re-apply ointment.
- **If you have a history of cold sores, canker sores and/or fever blisters, you will need to continue your prescribed anti-viral medication.**

### Care for all Procedures (follow for 7-10 days)

- The procedure may have some peeling on or around the 3<sup>rd</sup> day. This is a normal healing process. In general, the lip procedure will have the most peeling. You may shower as desired and allow the water to gently flow on the pigmented area that will be protected with Vaseline or Aquaphor. **Do not rub; blot dry only.**
- Do not remove scabs/ crust; it will fall off during the healing process. **DO NOT PICK! Picking can cause scarring and loss of color.** Once the crusts have shed, there is a period of transparency in which minimal (Over) color can be seen (3 to 5 days). Don't be alarmed if color comes off onto the Q-tip when applying topical ointment; this is normal.

- Please allow completion of the healing process (30-45 days), before judging the final results. Intensity of color and unequal symmetry are most prominent following the procedure.
- The color will lighten by 15-30% on liner and brows and up to 60% on lips over the first couple of weeks. The application of permanent cosmetics is a 2-step procedure. Don't judge your procedure while it is in the healing stage. The area may require another color application.
- Avoid sun for 7-10 days following the procedure. Always wear protective sunglasses while in the sun to protect your eyeliner.
- Sunscreen (SPF 30+) is recommended to protect the pigment from fading. After you are healed, use the recommended sunscreen daily to help premature fading of all procedures.
- Avoid hot steamy long showers, saunas, chlorine pools and Jacuzzis, or steam rooms during the healing period.
- Avoid exposure to lakes, rivers, etc. that are rife with bacteria and can cause infections.
- Avoid makeup on pigmented area until healed. Avoid Retin-A, Glycolic acids, Aloe and Vitamin E products. No terrycloth towels on the pigmented areas.
- No gardening, lawn mowing, or exposure to dust and/or dirt for the first 3-4 days to prevent possible infection.
- If you are planning a chemical peel, MRI, or other medical procedures inform them that you have had an iron oxide cosmetic tattoo.
- Avoid having the procedure site treated with lasers; they can cause your pigment to turn black.
- You must wait **one year** after any tattoo procedure to give blood.
- If any signs of infections occur, abnormal swelling, redness, or pain associated with the procedure site, call your physician (and please also call your permanent cosmetic technician).

### **Why do I need a 2<sup>nd</sup> Application Appointment?**

For most people the 2<sup>nd</sup> application procedure is necessary for color and/or consistency. This appointment usually takes less time than the initial application.

- Appointments for the 2<sup>nd</sup> application procedure for the Brows and Eye Liner may be scheduled as soon as **four weeks after the initial application**.
- Appointments for the 2<sup>nd</sup> application procedure for the Lips may be scheduled as soon as **six weeks after the initial application**.
- All 2<sup>nd</sup> application appointments have a **48 hour rescheduling/cancellation policy**. Failure to reschedule and/or cancel without 48 hours' notice will result in a \$100 per area missed appointment fee.
- You must have your 2<sup>nd</sup> application procedure done within 90 days of the initial application. Appointments after the 90-day period will be charged a \$100 per area fee.
- Please schedule your 2<sup>nd</sup> application appointment shortly after your initial application procedure to ensure that you get into the schedule at the appropriate time.

### **How Long Do Permanent Cosmetics Last?**

The length of time permanent cosmetics will last is different for each individual. Factors that affect the length are: sun exposure, colors chosen, skin type, and compliance with the after-care instructions. Permanent cosmetics do not wash off or smear. However, as with any tattoo, fading can and does occur. Periodic maintenance such as a color re-enhancement is suggested. Permanent cosmetics will typically last approximately 1 to 8 years. We highly recommend coming in every year for a "**Color Update**" procedure to keep your brow color true and fresh. Lips and Liners may not need reapplication that frequently.

### **Referral Program**

Many friends, family and colleagues will notice your improved appearance after the application of permanent cosmetics. Your referrals are the greatest form of appreciation. Please tell your referrals to let us know who referred them. You will be given a **\$25 referral credit** for each paying customer you refer. These credits may be used on future permanent cosmetic applications or towards any **Harmony Skin & Wellness Clinic** services.

I hereby acknowledge and declare that I have received a copy of this document entitled: **Permanent Cosmetics Post Procedure Instruction**.

Client Signature: \_\_\_\_\_

Date: \_\_\_\_\_