

PERMANENT COSMETICS  
AFTER CARE INSTRUCTIONS

Proper care following your procedure is necessary to achieve the best results.  
If during your healing process you have any questions or concerns, please contact me.

1. Sleeping slightly elevated helps alleviate swelling sometimes seen the morning after procedures.
2. Ice packs protected with a cloth may be applied as necessary to reduce swelling.
3. Wash your hands before touching the treated area.
4. Wet cotton-tipped applicators may be used to gently cleanse the eye area.
5. Do not expose the area to dirty or unsanitary conditions while healing.
6. Protect the area from sun for two weeks after your procedure. When healed - sun block should be applied to the area each day except eyeliner.
7. Do not apply *any* products to the area that have not been supplied or recommended by me for two weeks post procedure.
8. Apply recommended healing agents *sparingly*.
9. Some itching is normal. DO NOT PICK, PEEL, OR SCRATCH the treated area or your color may heal unevenly and you risk scarring and infection.
10. No makeup is to be applied to the area for 2 weeks after the procedure.
11. Do not apply lash extensions for one month after an eyeliner procedure.
12. Do not expose your healing skin to direct sun, tanning beds, hot tubs, saunas, salt water, chlorinated pools, direct shower spray, hot water, creams or ointments other than what you have been instructed to use, for 2 weeks following your procedure.
13. After a lip procedure, keep your lips moist at all times. Avoid salt, lemon or spicy foods. If using antiviral medication, continue as prescribed.
14. Do not use teeth bleaching products until tattooed lips are fully healed.
15. Do not use Retin A/Retinoids for one month after procedure.

## 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. Avoid applying glycolic, AHA or exfoliant products at home to your tattooed area as it will lighten the work we've done.

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