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Client Signature _____ Date _____ Practitioner _____

	Eyebrows	Lips	Eyeliner
SWELLING	•Slight with varying degrees of redness.	•Moderate swelling. An ice bag can be applied for the first few hours and next morning. •Be sure to apply Aquaphor and then a tissue to prevent condensation from the bag of ice touching lips.	•Moderate to severe swelling, depending on how you respond to crying. If you swell after crying, expect some swelling following procedure, generally for the first few mornings. •Sleep propped up or on your back to reduce swelling. •A sealed ice bag can be lightly applied for the first 2 days. DO NOT PRESS ICE BAG AGAINST EYES!
MOISTURE	•Keep area slightly moist using Q-tip with Aquaphor 1-2 X daily for a minimum of 1 week or until healed. •Apply slight amount of Aquaphor to area with a Q-tip, 1-2x daily for a minimum of 1 week or until healed.	•Tend to be very dry. Keep them moist using Q-tip and Aquaphor for 14 days. Peeling will occur. DO NOT PEEL OFF! •Lips tend to fade 60% and color can hide for a 4 week period before resurfacing. •Very moist lipstick/lip gloss may be worn over a coat of Vaseline.	•Wash eyes the first morning following the procedure with mild soap and water. Rinse well and pat dry lightly. •After which eye area should avoid contact with water for 5-7 days. •On the 4th day from the date of procedure, use a Q-tip to apply a tiny amount of Aquaphor provided, once daily for 4 days. Wipe any excess with a clean Q-tip. If you can see it, you have applied too much!
AVOID UNTIL HEALED	•Avoid all moisturizers, active skin creams, Retin-A, soaps, facial cleansers, and water on pigmented area. Wash around eyebrow.	• Avoid soaps, facial cleansers, and water on pigmented area. Wash around lips. • Extended wear lipsticks or plumping gloss. • Teeth bleaching for a minimum of 3 weeks. • For 2 weeks, just pat your lips lightly with a napkin while eating. • Drink through a straw- even hot coffee or tea.	•Avoid eye creams, night creams, moisturizers, Retin-A, lash tinting, lash extensions and false lashes. •Avoid getting Aquaphor in your eye as this can invite an infection.
TAKE NOTICE	•Light redness is normal but if a red ring appears around the area, seek medical attention.	• If you have a history of sores or fever blisters on the lips, chin or nose, you will require a prescription of 500 mg Valtrex. Take 2X a day, 2 days **before** tattoo and 4 days **after** or as otherwise prescribed.	•Eyelid may have a slight pink or redness above eyeliner immediately following the procedure. •EYEBALL SHOULD NOT BE RED!

At first sign of infection, we advise you to consult your physician. **Signs and symptoms of infection include but are not limited to: severe redness, abnormal or extended swelling, tenderness of the procedure site, red streaks going from the procedure site towards the heart, elevated body temperature, or purulent drainage from the procedure site.**

FOLLOW FOR ALL PROCEDURES: A touch-up procedure is often required.

•Avoid makeup, Retin-A & glycolic acids on pigmented areas while healing.
•Avoid touching with fingers, sunscreens, direct sun, tanning beds & self-tanners on pigmented areas.
•Avoid swimming pools, oceans, hot tubs, saunas and hot steamy showers. Shower with back to shower head to avoid water, shampoo and conditioner getting into pigmented area.
•Avoid dirt (as in gardening), extreme perspiration for the first week to prevent possible infection.
•If slight crust appears on pigmented area, do not force removal by picking, scratching, or washing. Procedures are not considered healed until all crusting has exfoliated.
•Don't be alarmed if pigment comes off onto Q-tip when applying aftercare ointments.
•Don't be alarmed by fading after first application. Final color can't be judged until 2 weeks post procedure.
•Never use topical antibiotics unless given to you at time of your procedure, with specific instructions.
•Use a good sunscreen daily, once healed.
•If planning a chemical peel, MRI or other medical procedure, please notify them you have iron-oxide cosmetic tattoo.
•If planning to have laser hair removal on upper lip or a Photo Facial using IPL, notify laser specialist of cosmetic tattoo so this area may be avoided by the laser. Both ablative and non-ablative lasers may cause pigment to turn black.
•If you donate blood, it's a Red Cross policy to wait one year after any tattooing procedure.

Eyebrow Prep & Aftercare

Prep Care

Do not pick/tweeze/wax/perform electrolysis one week before procedure
Do not tan two weeks prior or have sunburned face
Do not have any type of facial/peel 2 weeks prior to treatment
Discontinue Vitamin A/Retinol products one month prior to treatment
Do not work out the day of the procedure.
Do not have Botox 3 weeks prior
Do not take Fish Oil or Vitamin E one week prior (natural blood thinners)
Do not wax or tint your eyebrows 3 days before the procedure.
In order to avoid excessive bleeding and poor color deposit:
Do not drink alcohol 24 - 48 hours before your tattoo
Do not consume caffeine before your procedure
Do not take an aspirin or ibuprofen for pain relief (this thins the blood)

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The day of the treatment: Absorb

Gently blot the area with clean tissue to absorb excess lymph fluid.
Do this every 5 minutes for the full day until oozing has stopped.
Removing this fluid prevents hardening of the lymph.

Days 1-7: Wash

Wash daily to remove bacteria and dead skin. (Don't worry....THIS DOES NOT REMOVE THE PIGMENT!)
Gently wash your eyebrows each morning and night with water and an antibacterial soap like, Cetaphil or Neutrogena.
With a very light touch, use your fingertips to gently cleanse the eyebrows. Rub in a smooth motion for 10 seconds and rinse with water
To dry, gently pat with a clean tissue.
DO NOT use any cleansing containing acids (glycolic, lactic, or AHA), or any exfoliants.

Days 1-7 Moisturize

Apply a rice grain amount of aftercare ointment with a cotton swab and spread it across the treated area.
Be sure not to over-apply as this will suffocate your skin and delay healing.
The ointment should be barely noticeable on the skin. Never put the ointment on a wet or damp tattoo.

Some extra tips to help with a smooth and easy recovery:

Use a fresh pillowcase
Let any scabbing or dry skin naturally exfoliate away. Picking can cause scarring or loss of color
No facials, Botox, chemical treatments or microdermabrasion for 4 weeks
Avoid hot, sweaty exercise for one week
Avoid direct sun exposure or tanning for 4 weeks after procedure. Wear a hat when outdoors.
Avoid heavy sweating and long hot showers for the first 10 days.
Avoid sleeping on your face for the first 10 days
Avoid swimming, lakes, hot tubs for the first 10 days
Avoid topical makeup including sunscreen on the area
DO NOT rub, pick or scratch the treated area.
Limit your showers to 5 minutes so you do not create too much steam. Avoid excessive rinsing and hot water on the treated area.

Client Initials _____ Date _____ Practitioner_____

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Skin Care - After Care

What to Expect During and Immediately After Treatment

Your skin may experience temporary irritation, tightness, or redness. These are all normal reactions that typically resolve within 72 hours depending on skin sensitivity.

You may experience tingling and stinging during the treatment area. These sensations generally subside within three hours of treatment.

Client experiences may vary. Some people may experience a delayed onset of the previously mentioned symptoms. Contact us immediately if any unusual side effects occur or if symptoms worsen over time.

Next Steps

You will likely see results immediately after treatment and your skin will feel smooth and hydrated for one to four weeks. For improved, longer lasting results, consider take-home products and monthly treatments.

The treatment area is more susceptible to sunburn, sun damage and hyperpigmentation. Avoid direct sun exposure and use a minimum of SPF 40 sunscreen.

Aggressive exfoliation, waxing and products containing acids should be avoided in the treatment area for a minimum of two weeks pre- and post-treatment.

Avoid the use of Retin-A type products pre- and post-treatment.

Good Skincare Through a Healthy Lifestyle

Maintain your skin health by following the below recommendations.

- Drink plenty of water
- Eat a balanced diet
- Take a daily vitamin
- Exercise regularly
- Get plenty of sleep
- Avoid smoking
- Avoid tanning beds
- Minimize alcohol consumption
- Manage daily stress