

PRE & POST CARE



PRE TREATMENT:

- Avoid drinking large amounts of coffee, taking ibuprofen, aspirin (unless medically advised) and alcohol the night before your treatment.
- Any waxing, tinting or eyelash perming should be done 48 hours prior to your treatment.
- **For brows:** Please wax/thread/ pluck any stray hairs away before your appointment.
- **For eyeliner:** Eyelash extensions must be removed at least 4 weeks before. If you wear contact lenses please just wear your glasses to your appointment. Do not use any growth serums for a minimum of 12 weeks prior to your appointment.
- **For lips:** If you have are prone to cold sores it is likely you will have an outbreak. We strongly recommend taking Aciclovir or L-Lysine tablets 5 days before and 5 days after your treatment. Please exfoliate and moisturise your lips for 5 days leading up to your appointment. You can use a gentle salt/sugar scrub for this and lip balm.
- Ensure you've been patch tested at least 48 hours prior and have completed your consultation forms, prior to treatment.

ON THE DAY OF YOUR TREATMENT:

- You must be in good health and not pregnant or breastfeeding.
- Any medical conditions should have been discussed at time of booking.
- Please eat before your treatment to help with your blood sugar levels.
- Remember, we are not allowed to pre numb the area in Mid Sussex, if you wish to apply this yourself you have the option available, but please read the enclosed leaflet and follow instructions.
- Ensure you allow plenty of time for your appointment.

POST TREATMENT

- Aftercare is key to the healing of your permanent makeup and must be strictly followed. If you pick at them you will loose colour and will be liable to pay for additional retouches (yes we can tell!)
- You may notice whiteness or blanching around the area, this is normal and will subside within a few hours.
- You may get some swelling, this is normal and should subside within 2 days.
- In some cases there may be slight bruising. This should last no longer than 1 week.
- Remember your colour will be darker and more prominent for 5-7 days on average.

- Avoid any sauna/swimming/heavy exercise until the area has completely healed.
- For this first 6 hours post treatment, keep the area completely clean and dry. Do not apply anything. ** this does not apply to lips*

- **EYEBROWS:** After the first 6 hours, gently wipe the area clean with a damp tissue, using cooled boiled water. Pat dry and apply a small layer of your After Inked with a clean cotton bud. Repeat 2-3 times a day until the area has healed. Continue to apply your After Inked for 28 days for best results & skin healing.

- **EYELINER:** After the first 6 hours, using a damp cotton pad and gently clean the area. (Use cooled, boiled water. If the eye feels a little puffy you can apply this as a cold compress) Follow with After Inked using a clean cotton bud. Repeat twice a day until the area has healed. Continue using your balm for 28 days. Avoid eye makeup until the area has completely healed. Lash extensions should not be worn for a minimum of 4 weeks.

- **LIPS:** You can apply your After Inked immediately post procedure & throughout the day as needed. Use cooled boiled water on a clean cotton pad to clean the area prior to applying the balm. Apply before eating and drinking. Avoid any makeup until the area has fully healed.

- DO NOT PICK OR PULL AT THE AREA - IT CAN RESULT IN INFECTION OR PIGMENT LOSS.

- As soon as your procedure is finished your body will start to heal. The skin will close and you may see a thin crust which will protect the area whilst the skin heals. After a few days the crust if visible will start to come away revealing the pigment. You will initially see a lighter hue of implanted colour. This will change and settle over the next 4-6 weeks. In some cases a true healed colour can not be seen for up to 3 months.

Please note THIS IS A TWO STAGE PROCEDURE. Your procedure is not deemed complete until you have had both treatments or we have assessed the results. Your second visit should follow within 6-12 weeks. Any treatments after this time will be charged as a colour boost.

