

PRE ADVICE



Keep lips moisturised & exfoliate 1 week prior



No alcohol or caffeine
48 hours prior



No fillers or injections in to the lips 4 weeks prior



Cold Sore prevention meds if needed 4 days prior



Stay hydrated



No waxing around the lips 1 week prior

- If you have a history of cold sores (herpes simplex) and are scheduling a lip tattoo we advise you to use anti-herpes medication to prevent an outbreak. If you had an outbreak 2 weeks ago or 10 years ago we highly recommend taking the prevention steps.

Topical Cream: **Zovirax** ointment you can buy in any chemist store and apply 5 times a day for 1 week prior and post treatment.

Oral Tablets: **Acyclovir** tablets via online prescription through Dr Fox

PMU does not cause cold sores, however if you carry the virus, it lays dormant in the nervous system and can be aroused by the infusion process. An outbreak will happen on day 3 of the healing if not prevented.

- Lightly exfoliating your lips to remove dry dead skin will help with better retention
- Keep your lips moisturised - do not turn up to the appointment with chapped lips
- Lip Mask the night before to hydrate as much as possible for optimum results
- Bring in your favourite lip colour for everyday wear to your appointment.

Lip Prep Recommendation



Paw Paw
Lip Scrub & Balm
£



Elizabeth Arden
Super hydrating balm
£££



Laneige
Lip Hydration Mask
££

PRE ADVICE



No waxing around the brow 1 week prior



No alcohol or caffeine 48 hours prior



No botox or injections around the brow 4 weeks prior



No skin conditions in the brow



Stay hydrated



Avoid retinol, AHA's & chemical peels 4 weeks prior

- Strong skin care and facials that include chemical peels, acids and retinols must be avoided through the brow region a few weeks prior to ensure the upmost condition of the skin avoiding extreme dryness.
- Excema or Pharisees in the eyebrow region must be avoided. The eyebrow skin needs to be a good healthy canvas for us to work and implant colour
- If you have any moles or raised scars in the eyebrow we need to avoid this patch too as we cannot work over these
- Avoid coming to your appointment with heavy makeup on as we will have to cleanse and remove the makeup resulting in scrubbing the skin causing sensitivity
- Avoid sun beds 2 weeks before and post procedure
- Keep your skin hydrated - Skin Food is a great moisturised and affordable

Skin Food
Dry/Normal Skin



Skin Food LIGHT
Normal/Oily Skin

PRE ADVICE



No contacts during treatment



No alcohol or caffeine 48 hours prior



No lash stimulating products for 4 weeks prior & post



No styes or infections at present



Stay hydrated



No lash extensions on at present. Remove 1 week before

- Eyelash stimulating products should not be used for 4 weeks prior to your procedure as these products increase blood flow in the area resulting in bleeding and poor retention
- Artificial lashes should be removed prior to your procedure and not reapplied for 2 weeks post procedure.
- Do not wear contact lenses during or immediately following your procedure. Remember to bring your glasses. You may resume wearing your contact lenses 24 hours after the procedure.
- You may have mild swelling after your tattoo procedure
- You must not have any active eye infections like styes as this will spread the infection
- Come to the appointment makeup free on the eye to prevent unnecessary rubbing prior the treatment

EyePrep Recommendation

Optrex
Eye Wash



General Aftercare for All Treatments

Normal symptoms you may experience for 4 days

Swelling, redness, tenderness

Dry flaking skin as the area heal

Itching is normal

DO's

- Clean the area x1 daily with the solution in your kit. OR Damp cotton pads / Water wipes are fine to clean with too
- Apply a thin light layer of healing balm in your kit using a cotton bud, Use a new bud each time to prevent cross contamination (brows & lips)
- Rinse the eyes with saline solution provided in the kit - no balm
- Use the cream for 1 week very minimal - less is more.

DONT's

- **Do not** pick, peel or touch the area as you will heal unevenly and risk infection from bacteria.
- **Do not** apply any makeup on the area for 1 week
- **Do not** apply too much cream in a thick layer will cause suffocation. Less is more!
- **Do not** submerge the area in water for 1 week
- **Do not** receive skincare beauty treatments for 5 days
- **Do not** receive waxing, electrolysis or laser hair removal treatments close to the area for 2 weeks
- **Do not** expose the area to direct sun, tanning treatments, Jacuzzis, saunas, salt water, chlorinated pools and direct shower spray for 2 weeks post treatment
- **Do not** apply strong skin care over or close to the area
- **Do not** apply lash extensions or any lash lifts for 2 weeks post treatment

Remember, your selected colour will be stronger and more sharply defined immediately after your treatment and will take around a week to settle down.

- Day 1-3 the colour will appear darker
- Day 3-7 they may get itchy and flakes of colour may come away from the skin, this will come off in patches and is completely normal
- Once the flakes are all off the pigment may appear light in colour – the chosen pigment will blossom during the 6 week healing

Keep in mind that in many cases, some unevenness of colour is to be expected. This is the purpose of the second session to make any adjustments needed.

Long Term Care

- Use a good sunscreen. Sun exposure will fade your Brow Tattoo. Recommend SPF 30 or 50
- If you are planning a chemical peel, laser procedure or an MRI scan please let us know. The pigments and inks we use have Iron Oxides, Titanium Dioxide and Carbon in the formation.
- Please inform the National Blood Service if you donate blood, as you may not be eligible to give blood for 4 months post application.