

Touch of Beauty Inc.

Taking Beauty to the Next Level

Pre-Care Instructions

Pre-Care, like Post-Care, is very important to achieve your desired results. Like with any procedure you go through, healing of the area worked on takes time, extra care and patience. Please allow yourself at least 30 days to see your final results.

Before the procedure you must:

- Have no major events planned at least **2-4 days** after you procedure.
- Wait at least a week before going on any exotic vacation.
- Allow **2.5 hours** or more at the office depending on the procedure type and number of procedures done on that day.
- Remove all makeup from your face. It is highly suggested washing your face with anti-bacterial face soap at least **a week** prior to your procedure. I also suggest gentle exfoliation and moisturizing the area being worked on
- Wear your glasses a day before your Eyeliner procedure. Glasses are suggested for all procedures, due to blood borne pathogens. Glasses can act as a protective barrier between you and certain pathogens.
- Avoid any alcohol, Vitamin E, Multi-Vitamins, Niacin, St.Johns Wart, Evening Primrose Oil, Ginko-Biloba, Aspirin or any blood thinners for at least **24 hours** before any procedure.
- Have your doctor prescribe an oral medication prior to any lip procedures due to fever blisters that may occur during or after the procedure.**(Suggested)**
- Discontinue **RetinA** and **Renova 2 weeks** prior to procedure.
- Discontinue **Accutane** for **one year** prior to procedure.
- Be over **18 years old.**
- Avoid tanning salons and or sunburn prior to the procedure.
- Be sure that you are not pregnant or nursing.
- Ask all questions before your appointment. You may call me at **(301) 346-3098** or e-mail me at Jennifer@MyTouchofBeauty.com

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Post-Care Instructions

After care is as important as the procedure itself. If not followed, you can lose the color or even worse, develop an infection. It is very important not to scratch, pick, or pluck the area worked on. Please do not apply anything but what is given in your kit. A thin layer of **A & D Ointment** should be applied to the treated area for **Six (6) Days**. Do not allow the treated area to become dry, keep it covered with the ointment at all times. Swelling can occur causing your makeup to look uneven or crooked. Please do not be concerned. After the swelling diminishes (**24-48 hours**) you will notice the shape to be less crooked. Please be advised that permanent makeup may look distorted and/or darker when initially applied. This is normal. Below you will find different **After-Care Instructions** for each type of procedure. Please follow these instructions closely in order to achieve your desired outcome.

Eyeliner Instructions

Your eyes will be swollen, itchy and red immediately following this procedure. This will last for a few days. This reaction is normal and will diminish quickly. You may apply an ice pack wrapped with a moist paper towel for **no more than 10 minutes**. To reduce any swelling through the night, you should sleep slightly elevated. During the night, you may transfer any residual pigment from your eyes to your pillow case. It is very important not to let your eyeliner dry out. Be sure be very gentle with your eyes when opening them in the morning, your lashes may stick together due to the ointment. Please use caution when opening your eye. Remember to use a wet clean Q-tip to separate the lashes. Please avoid direct and excessive sun exposure. I strongly advise using a new tube of mascara after each procedure. **DO NOT WEAR MAKE UP for 1 week** near the treated area.

Eyebrow Instructions

You should expect to experience some swelling, redness or itchiness. Please use the A & D Ointment provided. Please do not let this area dry out. The ointment should be used for **1 to 2 weeks, once in the morning and once before bed**. Please apply with a clean Q-tip. Keep the area clean and avoid sun exposure. The eyebrows will oxidize and get darker, this is normal. Do not apply any make up to the eyebrows for **a week after** the procedure.

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Lip Instructions

It is normal for you lips to be swollen, uneven and dry after the procedure. You must use the A & D Ointment provided for you in your kit. Make sure the ointment is applied to the lips **2-4 times a day**. Do not rub the ointment hard into the lips; just do a blotting motion with a clean Q-tip. Continue using the ointment for 2 weeks. If you let your lips dry out, this may interfere with the color of choice. The pigment used on the area could stain your pillow or any fabric, please use caution since the pigment will not come off. Lips can become flaky after tenderness diminishes. Please don't be alarmed, this is normal. It is very important that you do not pick or scratch the dry skin on the lips. Please avoid any UV or UVA exposure. Be sure to use sun block on the lips until fully healed. Avoid water pressure and swimming pools until you have fully healed. Please use a new lipstick after all lip treatments to minimize infections. The side effects of this particular procedure are dryness, swelling, redness, fever blisters and tenderness. Avoid any salty, acidic and alcohol during the healing phase. After your lip procedure you should not kiss for **6 Days** or until lips are fully healed, otherwise you run the risk of breaking out in cold sores or fever blister and so will the person you are kissing. Following the micropigmentation procedure, the skin on the lips will react differently than the rest of your skin.

You will experience the following 3 stages:

- 1. The initial color is "too much". This will fade some after peeling occurs at about 4-5 days post.**
- 2. The color becomes "not enough", you may think that it is abnormal and want to come back in for a touch up but you must wait approximately 1-2 months before returning.**
- 3. 3-4 weeks later the color is "miraculously reappears" however, it is much softer and with a more muted tone than the original color.**