

## Aftercare Instructions for a Permanent Makeup Procedure

It is important to take the time to read and implement the aftercare instructions for safety and great healing results.

- **Important to keep hands washed:** Keep hands away from the treated area. When applying any ointment or cleaning the treated area hands should be washed for 30 seconds.
- **Do not let the treated area get wet:** Avoid hot tubs, pools, recreational water activities or washing the treated areas. When in the shower, do not get water directly on the face.
- **Do not expose treated area:** It is important for the area of the procedure not to come in contact with sweat, animals, direct shower spray or hot water.
- **During healing process:** Wear hat or visor when in the sun. It is important to keep the sun away from the treated area.
- **Ice Packs:** You may use ice packs protected with a cloth
- **Makeup and lotions:** During the healing process, keep all makeup, lotions and exfoliating products away from treated area.
- **Sleeping:** Avoid having your treated area touch the pillow. This will help ensure the procedure are will not be disturbed while you're sleeping.
- **Tanning:** Avoid any tanning beds or direct sun.

**Moist Healing Process:** It is recommend when using the moist healing method to sparsely apply an antibiotic ointment, Vaseline or A&D **(Not everyone agrees on each of these aftercare products. Technician can add their preference on aftercare here.)**

**Eyebrows** - Keep moist 3 times a day for the first 7 days with your chosen aftercare ointment. Between applying ointment keep dry for approximately 7 days. Once the darkness starts to flake off ( in about 7 days) you can brush off the flakiness. Do not force the flakiness off.

**Eyeliner** - Keep moist 3 times for the first 5 days with your chosen aftercare ointment. Between apply ing ointment keep dry for approximately 5 days. Once the darkness starts to flake off (in about 5 days) you can brush off the flakiness. Do not force the flakiness off.

**Lips** - Keep moist around every 3 hours for the first 3 days with your chosen aftercare ointment. Between applying ointment keep dry for approximately 3 days. Once the darkness starts to flake off (in about 3 days) you can brush off the flakiness. Do not force the flakiness off.

**Each Permanent Makeup training course will have their own portal for the aftercare instructions for their students and what ointments they recommend.**

**What to expect during healing process and protocol to follow:** The area of the procedure will begin to feel dry and chapped. DO NOT touch the area with anything other than the recommended ointment or cotton swabs. DO NOT pick at any flaking skin. You may notice some flaking as the dead skin cells begin to slough off. This is normal and is to be expected. Many clients lose 20-50% of the initial implanted color. The color goes through phases and may initially appear lighter, but within three to four weeks more color usually appears.

**Long term care:** After the procedure has healed, begin an AM/PM regimen. For at least a month, use a hydrating moisturizer that is free of any anti-aging or anti-acne ingredients. Apply a 30 SPF sunscreen to the treated area to protect against premature fading.

**Touch ups:** If needed follow up with a touch up appointment a month after the procedure. Touch ups may be necessary to make any adjustments, such as darken the color that may have healed too light or to add additional color where it may be needed.

**Thank you for choosing myself to be your Permanent Makeup Artist. Please let your friends know about your New Beautiful Cosmetic Procedure!!!**