

# Permanent Makeup Procedures

## *Pre-care Instructions & Guidelines for Application*

**The following are a few issues that will NOT qualify a person for a permanent makeup procedure:**

- Is currently pregnant
- Has cancer and are undergoing chemotherapy or radiation
- Steroid Medication and Prednisone (off for at least 2 months)
- Has an open wound present
- Has aged skin that is extremely thin or severely wrinkled
- Has a bacterial or viral infection

**Please check the following with your doctor before having a permanent makeup procedure:**

- Have diabetes and under doctor care.
- Have been in remission from cancer for 1 year
- Have high blood pressure
- Using blood thinning prescriptions
- Have seborrheic dermatitis

**The following facial procedures must be avoided 4 weeks before the permanent makeup procedure:**

- No Botox or Chemical Peels of any kind. These include Glycolic, Pumpkin, Alpha Hydroxy Acid, Salicylic Acid, Microdermabrasion, Laser Facials, both ablative and non-ablative. Also included are Fraxel, Co2, and IPL laser treatments

**The following procedures must be avoided 1 week prior to a permanent makeup procedure:**

- All blood thinners including Ibuprofen, Tylenol, Advil, Aleve, Motrin, Aspirin, Excedrin, Warfarin, Coumadin, Oil Supplements such as Fish Oil, Vitamin E Oil, Primrose Oil
- Antibiotics, Iron Supplements and Magnesium all compromise the integrity of the skin and avoid Retin-A or any strong skin care products
- Any mood-altering drugs

### ***Pre-Procedure Instructions***

- Please eat something 20-30 minutes prior to your appointment. This keeps your blood sugar steady and helps you to be more comfortable and less sensitive.
- Avoid any form of caffeine 2-3 hours prior to your appointment. Caffeine is a stimulant and will heighten your sensitivity.
- If you bruise easily, we recommend taking Arnica before procedure and after. Arnica is available at most health food stores.
- If you are required to take antibiotics before dental procedures, please follow the same instructions from your doctor before your procedure.
- No working out or alcohol within 24 hours of the procedure.

**Permanent Makeup Artist name and information here >>>>**