

By initialing, I state that I've received verbal and written post-procedure instructions from **Eastern Shore Permanent Makeup**, understand them and agree to call with any questions or concerns. 302-525-0822 **INITIAL** \_\_\_\_\_

	<b>Eyebrows</b>	<b>Lips</b>	<b>Eyeliner</b>
<b>SWELLING</b>	<ul style="list-style-type: none"> <li>•Slight with varying degrees of redness.</li> <li>*May need to blot lymph/blood for the first few hours upon leaving. Then follow moisture:</li> </ul>	<ul style="list-style-type: none"> <li>•Moderate swelling. An ice bag can be applied for the first few hours and next morning.</li> <li>•Be sure to apply ointment and then a tissue to prevent condensation from the bag of ice touching lips.</li> </ul>	<ul style="list-style-type: none"> <li>•Moderate swelling, depending on how you respond to crying. If you swell after crying, expect some swelling following procedure, generally for the first few mornings.</li> <li>•Sleep propped up or on your back to reduce swelling.</li> <li>•A sealed ice bag can be lightly applied for the first 2 days.</li> </ul>
<b>MOISTURE</b>	<ul style="list-style-type: none"> <li>•Keep area SLIGHTLY moist (rice grain amount) using Q-tip with ointment 1-2 X daily for a minimum of 1 week or until healed.</li> <li>*Apply slight amount of ointment to area before showering or bathing.</li> <li>*Clean Pillowcase</li> </ul>	<ul style="list-style-type: none"> <li>•Tend to be very dry. Keep them moist using Q-tip and ointment for 14 days. Peeling will occur. <b>DO NOT PEEL OFF!</b></li> <li>•Lips tend to fade 60% and color can hide for a 4 week period before resurfacing.</li> <li>•Very moist lipstick/lip gloss may be worn over a coat of ointment.</li> </ul>	<ul style="list-style-type: none"> <li>•Eye area should avoid contact with water for 5-7 days. Applying a THIN layer of ointment with a Q-Tip before showering or bathing will keep water from getting into the treated area.</li> <li>•On the 4<sup>th</sup> day from the date of procedure, use a Q-tip to apply a tiny amount of ointment provided, once daily for 4 days. Wipe any excess with a clean Q-tip. If you can see it, you have applied too much!</li> </ul>
<b>AVOID UNTIL HEALED</b>	<ul style="list-style-type: none"> <li>•Avoid all moisturizers, active skin creams, Retin-A, soaps, facial cleansers, and water on pigmented area. Wash around eyebrow.</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid soaps, facial cleansers, and water on pigmented area. Wash around lips.</li> <li>•Extended wear lipsticks or plumping gloss.</li> <li>•Teeth bleaching for a minimum of 3 weeks.</li> <li>•For 2 weeks, just pat your lips lightly with a napkin while eating.</li> <li>•Drink through a straw- even hot coffee or tea.</li> </ul>	<ul style="list-style-type: none"> <li>•Avoid eye creams, night creams, moisturizers, Retin-A, lash tinting, lash extensions and false lashes.</li> <li>•Avoid getting ointment in your eye as this can invite an infection.</li> </ul>
<b>TAKE NOTICE</b>	<ul style="list-style-type: none"> <li>•Light redness is normal but if a red ring appears around the area, seek medical attention.</li> </ul>	<ul style="list-style-type: none"> <li>•If you have a history of sores or fever blisters on the lips, chin or nose, you will require a prescription of 500 mg Valtrex. Take 2X a day, 2 days <b>before</b> tattoo and 4 days <b>after</b> or as otherwise prescribed.</li> </ul>	<ul style="list-style-type: none"> <li>•Eyelid may have a slight pink or redness above eyeliner immediately following the procedure.</li> <li>•<b>EYEBALL SHOULD NOT BE RED!</b> You must seek medical attention immediately if you see signs of bloodshot eyes or puss in the corners of your eye/eyes. This may be an infection, requiring a physician and prescribed medication.</li> </ul>

**FOLLOW FOR ALL PROCEDURES: A touch-up procedure is always required!**

- Avoid makeup, Retin-A & glycolic acids on pigmented areas while healing.
- Avoid touching with fingers, sunscreens, direct sun, tanning beds & self-tanners on pigmented areas.
- Avoid swimming pools, oceans, hot tubs, saunas and hot steamy showers. Shower with back to shower head to avoid water, shampoo and conditioner getting into pigmented area.
- Avoid dirt (as in gardening), extreme perspiration for the first week to prevent possible infection.
- If slight crust appears on pigmented area, do not force removal by picking, scratching, or washing. Procedures are not considered healed until all crusting has exfoliated.
- Don't be alarmed if pigment comes off onto Q-tip when applying aftercare ointments.
- Don't be alarmed by fading after first application. Final color can't be judged until 2 weeks post procedure.
- Never use topical antibiotics unless given to you at time of your procedure, with specific instructions.
- Use a good sunscreen daily, once healed.
- If planning a chemical peel, MRI or other medical procedure, please notify them you have iron-oxide cosmetic tattoo.
- If planning to have laser hair removal on upper lip or a Photo Facial using IPL, notify laser specialist of cosmetic tattoo so this area may be avoided by the laser. Both ablative and non-ablative lasers may cause pigment to turn black.
- If you donate blood, it's a Red Cross policy to wait one year after any tattooing procedure.