

**Permanent make-up pre- & after care instructions**

**All permanent make-up procedures are multi-session processes.**

An initial application is incomplete until after a follow-up appointment, which must be scheduled approximately 6-8 weeks after your initial appointment. There is an additional charge for the follow-up appointment after your initial application. The first follow up (perfection procedure) is recommended to be performed within 2 months of the initial application, and no sooner the 5 weeks after.

**Please note:** TWO-THREE applications may be required to achieve the desired results. It is not uncommon to lose up to 70% of the colour after the 1st application. This is due to skin colour, skin type, pigment chosen, skin healing process and artist’s technique

**While the skin heals:**

BE PREPARED FOR THE COLOUR INTENSITY OF YOUR PROCEDURE TO BE SIGNIFICANTLY LARGER, SHARPER, BRIGHTER OR DARKERthan what is expected for the final outcome. This is a normal and expected result of the application and healing process. The healing process will take a number of days (7-14days) to complete, depending on how quickly the outer layer of your skin rejuvenates and exfoliates.

**BEFORE THE TREATMENT:**

* DO NOT take Aspirin, Niacin, Vitamin E or Ibuprofen 24 hours before treatment
* DO NOT drink coffee, alcohol or energising drinks on the day of treatment
* DO NOT tan, or sun bath for 3 days prior to treatment
* DO NOT wax eyebrows 2-3 days prior to treatment
* DO NOT have any chemical peels, dermabrasion, mesotherapy or any other intensive treatments which will cause faster skin cell rejuvenation or cause skin irritation 2-3 weeks prior to treatment.
* If you get your eyebrows tinted regularly, do so 2-3 days prior to treatment.
* Wash your hair before the treatment, as after you cannot contact your brows with water for 7 days.
* No BOTOX 3 weeks prior to Treatment (to ensure correct placement of brows when muscles are functioning normally)

**AFTER THE TREATMENT: (Very important for great healed results)**

**The day of the treatment – first 12 hours:**

* Gently blot the area with clean tissue to absorb any excess lymph fluid. (Lymph is a clear fluid-like substance that might slightly ooze from eyebrow area.)
* You may of may not have any during this time. But if you do, we want to avoid letting it dry on the eyebrow area and form a crust.
* This needs to be done every 5 minutes, until all signs of lymph have stopped.
* Removing this fluid will prevent any hardening/crusting of the lymph.

**Days 1 – 10: Wash!**

* Beginning in the AM of the next day, you will gently wash to remove any bacteria and dead skin.
* Instructions for washing: Once in the AM and once in the PM only! Using gentle foaming cleanser. (You will do this outside of the shower only).
* With a very light touch, use your fingertips to gently cleanse the eyebrows. Gently rub the area in a smooth motion following hair growth for 10 seconds, then gently rinse with temperate water. Not hot! Make sure that all the soap is rinsed away.
* Very gently, and thoroughly, pat dry with a tissue or paper towel.
* Don not use any other cleansing products containing acids (Glycolic, Lactic, or AHA), or any exfoliants.

**Days 1-10: Moisturise:**

* Allow your brows to air dry for at least 5 mins. Brows should be 100% dry prior to this step. Never put your aftercare ointment on wet or damp brows.
* Apply a very small amount of aftercare ointment (Deluxe brows Nutri Pomade, Coconut or Grape seed oil) with a cotton swab, and spread it across the treated area.
* Be sure not to over-apply as this will suffocate your skin and delay healing. The ointment should not leave a noticeable shine or fil on the eyebrows. Apply only enough to moisturize.
* Use a fresh pillowcase, and do not sleep on your face of eyebrows.
* Let any scabbing or dry skin naturally exfoliate away.
* Picking can cause scarring, and will cause loss of colour. Your flakes will gently fall off by themselves when they are ready to.
* No facials, Botox, chemical treatment or microdermabrasion for 4 weeks after treatment.
* Avoid hot, sweaty exercise for at least one week. You can lightly exercise, but nothing that will cause overexertion or extreme sweating whatsoever.
* Avoid taking long hot showers for the first 10 days. And when in the shower, avoid water completely on the eyebrow area. You will only be gently washing them in the AM and PM, outside of the shower, and without hot water.
* Avoid swimming, or any kind until your eyebrows have completely healed.
* Avoid applying any type of make-up to the brow area. Do not get any concealer, powder or anything on the area for at least 2 weeks.
* Keep your hand off of the area. No picking or scratching the treated area.

**Important note about showering:**

* You will want to limit the time you spend in the shower. Avoid using very hot water and creating steam. This will create unwanted moisture on the face. You can even cover your forehead and eyebrow area with a shower cap as you wash your body.

**What you can expect after your procedure:**

* Slight redness and/or discomfort may be present for the first two days. This will resolve itself. DO NOT apply any kind of creams, ointments, etc.
* The day after your procedure, the colour will appear darker as it begins healing. If you strictly follow your aftercare, you should have very minimal flaking. Beginning around the 5th day, do not pick, scratch, or peel off any skin, as this will pull pigment out.
* As your eyebrows heal, you will see the strokes widen, and the colour will soften.
* Once flaking is complete, there will still be a nearly invisible layer of skin that will make your colour appear faded. Within the first two weeks after flaking, you will notice some of the colour coming back through as the skin continues to repair itself.
* Depending on skin type and proper aftercare, it is not unusual to see a few strokes fade or disappear from the skin. After your 45-day healing period, you can come back at any time to get your touch-up.
* The touch-up is to go over the strokes or shadow again, or replace any that may have disappeared. This is why the treatment is a two-step process.
* Your touch-up will ensure the longevity of your colour, hair-strokes and/or shading.
* **3 Months should be the maximum amount of time before your touch-up.**