

# PERMANENT MAKEUP

## *Post-Treatment Instructions*

### **The Day of The Treatment: Absorb**

Gently blot the area with lint free gauze to absorb excess lymph fluid. Do this every 5 minutes for the full day until oozing has stopped. Removing this fluid prevents hardening of the lymph. Your gauze is in the ziploc provided in your post care package.

### **Days 1-7: Wash**

Wash daily to remove bacteria and dead skin. (Don't worry....THIS DOES NOT REMOVE THE PIGMENT!) Gently wash your eyebrows each morning and night with water and an antibacterial cleanser that is provided in the post care bag in the small jar, Use very little product and foam it up between your fingers before applying to brows. Make sure to get all of it off when rinsing your face. To dry, gently pat with a clean tissue. DO NOT use any cleansing products containing acids (glycolic, lactic, or AHA) or any exfoliants.

### **Days 1-7: Moisturize**

Apply a rice grain amount of aftercare ointment (provided) with a q-tip (provided) 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 be barely noticeable on the skin. Never put the ointment on a wet or damp tattoo.

### **Important Reminders:**

- Use a fresh pillowcase
- Let any scabbing or dry skin naturally exfoliate away. Picking can cause scarring or loss of color
- No facials, botox, chemical treatments or microdermabrasion for 4 weeks
- Avoid hot, sweaty exercise for one week
- Avoid direct sun exposure or tanning for 4 weeks after procedure and wear a hat when outdoors
- Avoid heavy sweating and long hot showers for the first 10 days.
- Avoid sleeping on your face for the first 10 days
- Avoid swimming, lakes, hot tubs for the first 10 days
- Avoid topical makeup including sunscreen on the area
- DO NOT rub, pick or scratch the treated area

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### **Important Note About Showering:**

Limit your showers to 5 minutes so you do not create too much steam. Keep your face/ procedure out of the water while you wash your body, then, at the end of your shower, wash your hair. Your face should only be getting wet at the very last end of the shower. Avoid excessive rinsing and hot water on the treated area.

### **Prior to your next session or touch-up appointment:**

- Do not pick/tweeze/wax/perform electrolysis one week before procedure
- Do not tan two weeks prior or have sunburned face
- Do not have any type of facial 2 weeks prior to treatment
- Do not work out the day of the procedure.
- Do not have botox 3 weeks prior
- Do not take Fish Oil or Vitamin E one week prior (natural blood thinners)
- Do not wax or tint your eyebrows 3 days before the procedure.
- Do not drink alcohol 24 - 48 hours before your tattoo
- Do not consume coffee before your procedure
- Do not take an aspirin or ibuprofen for pain relief (this thins the blood)

Please contact True Balance if you have any questions or concerns following your treatment - we are always happy to help!

*Thank you for choosing True Balance Medical Spa. To provide our guests with the best experience possible, we kindly request that a minimum 24 hours' notice is provided if unable to make an appointment; cancellation or no-show fees may apply. We look forward to seeing you soon!*