

Post Procedure Instructions

Immediately following your permanent makeup procedure, apply ice or cold packs to the treated area for 10–30 minutes. Ice/cold packs help reduce swelling and aids in the healing process. You may repeat this process at your discretion.

*for (14) fourteen days following your cosmetic procedure, you are to follow the instruction below carefully:

1. **Do not** expose treated area/s to the sun. Always use a sun screen on eyebrows, lips and any other permanent makeup are exposed to the sun. (Hint-avoiding exposure to the sun on any permanent makeup procedure is suggested.
2. **Do not** apply makeup over the treated areas until fully healed.
3. Absolutely no cleansing creams or chemicals on your face for seven days. do not use any glycolic acid on areas. lotions, makeup remover etc.
4. Gently cleanse the intradermal cosmetic area with a mild anti-bacteria soap. apply ointment every 2 to 3 hours on treated area for up to 2–3 days after procedure.
5. Absolutely **NO SCRUBBING. DO NOT PICK** at the epithelial crust. It is vital you allow the area to flake off and heal on its own. Loss of color and / or infection could occur.
6. **Do not** soak the treated area in bath, swimming pool or hot tub.
7. **Do not** expose the treated area to full pressure water while in the shower. allow shower water to flow on the back of your head until healed.
8. The client shall consult a health care practitioner at the first sign of infection or an allergic reaction and report any diagnosed infection allergic reaction or adverse reaction resulting to to us.
9. If you wear hard contact lenses, you can insert them 1 day after procedure. Artificial tears such as VISINE or eye wash may be used. a new tube of mascara will help prevent infection for eyeliners.

***You may experience these symptoms for 72 hours:**

EYEBROWS:

1. dryness and itching in the treated area, flaking, tenderness

EYELINERS:

1. eyelashes sticking together (splash warm water on your eyes and apply small amount of ointment), puffy eyelids (1–2 hours the next morning), tenderness, eyes will be swollen for a few days. eyes may feel dry and / or irritated., redness or bruising around the eye, itching (use wet Q-tip to clean the eye. do not touch eye with fingers and do not rub eyes. when applying ointment, use Q-tip or wash hands to apply with finger. if poor hygiene is used, an infection may occur and medical treatment may be necessary.)

LIPS:

1. oozing, scabbing, dryness and peeling in the treated area, (blot and re-apply ointment.) after sleeping, crust will have dried on the lips. rinse with water or put more ointment on the loosen crust, blot and re-apply ointment, most tissues like the ones you blow your nose with will leave lint on the lips. use something stronger and lint-free like bounty hand towels. soaking wet cloth feels good to blot with. fever blisters. treated with antiviral from your doctor. lips will be tender at first. drink through a straw. choose foods you can place in your mouth with a fork without touching lips.
 4. place an old towel on the pillow you will seep on until the oozing stops so you won't ruin good pillowcases or pillows.
 5. do not excessively stretch lips while they are helping with big smiles or pucker lips with smoking. those motions push and pull against the lip edges, applying tension and friction between the strong normal skin surrounding the mouth and membrane in the mouth. it is not strong like normal skin.
 6. on the third day, lips stop oozing and start peeling. this is when the chapped lip feeling is strongest. you may relieve the chapped lip feelings by lightly massaging the lips after placing a thick layer of ointment on them and making gently circular motions with one finger. the light, wet massage helps get loose skin off that is ready to come off without yanking out skin that is not ready to come off. the massage relieves the chapped feeling for several hour then it returns and you can massage again.
 7. lips will peel for a week. other than the massage mention above, allow it to flake off on its own. picking and pulling off skin that is not ready to come off all cause pigment loss and can pull out deeper tissue. the edges or lip liner will be the last to fall off. pulling this off will result in an uneven splotchy line or an indented scar (like messing with a pimple.)
 8. try to keep toothpaste off lips while healing.
 9. do not have teeth bleached while healing.
 10. during the peeling process it may look like there is not much color there. color is more apparent by the second week. final result is not judge for 2 months.
 11. it is normal to have discomfort or a feeling of pressure the day of the lip procedure. the next day should be minimal. if you begin having pain on the 3rd or 4th day after being pain-free, it is a signal that something is wrong. it is usually one of three things:
 1. infection
 2. cold sore
 3. allergic contact dermatitis from antibiotic ointment. switch ointments to rule out the as the cause and consider a culture to determine bacterial vs yeast infection.
 12. lip infections after permanent makeup procedures are usually described as burning pain. bacterial lip infections have a yellow goopy discharge, but begin peeling as expected on day three. candida lip infections do not begin peeling one time as would expelled with healthy peeling lips (possibly due to candida adhesion properties), and may have a velvety appearance. candida lip infections have one or more of the following depending on the strain severity of the infection: cracking and bleeding—more likely near the corner, itching or tingling, whitish bumps/nodules/blisters/pustules—more likely along the edges of the lips where they do the most damage causing blisters, scarring or tightness. the tightness may relax in time but can take months to years. lip skin yeast cultures taken before the lips heal over usually return positive results in individuals fitting yeast symptoms. lip skin yeast cultures taken after the lips heal over may return false negative results. being past the point of the lips heal over may return false negative results. being past the point of reliable results for skin swab culture, a person might need to speak with a dermatologist about a biopsy for diagnosis. candida strains have a tricky "switching" ability to change phenotype and display various colonial morphology and physiological properties to invade and survive in various environments/tissue types or body areas, which might account for some of the false negative testing results. candida should be given the last name chameleon. candida antibiotics started early (within the first week) clear up lip infections well. delayed therapy can allow the organism to penetrate deeper tissues, and the person may experience a lengthy spell of sore lips, and be able to feel knots deeper in the lip tissue.
 14. the worst of the permanent makeup problems happen with the lips. the candida yeast fungal lip infection is a frustrating problem. often candida is not suspect as being the culprit of the lip problem because obvious yeast signs are not visible. nursing mother who have developed breast yeast infection know that you don't have to be able to see it, bit it is there. some of the breast yeast treatments recommended by dr. jack newman are also beneficial for lips and facial skin around the mouth (APNO ointment, gentian violet in glycerin, grapefruit exact olive leaf extracts oil.)
 15. after the lips are healed over and all is well, they still feel more chapped than normal. the chapped feeling subsides over a period of weeks to months. certain lip balms create the problem. do not use anything made for cold sores or blisters (carmex, blistex). Although they initially feel moisturizing, they turn around and dry the lips out. some do more damage than that, especially if applied on broken lip tissue during the healing process. applying vitamin E will usually help.
- END OF HEALING: IT WILL TAKE UP TO 4 WEEKS TO COMPLETE HEALING**
1. permanent makeup will appear extremely intense and thick immediately after the procedure. the color will not ever look right the first few days. other factors are added to the permanent makeup pigment bottles to counteract the undertones of facial skin. browns can look orangish-brown, blonde brows may look too yellow, lip colors are shocking! some colors initially look too bright and others look too dark, but don't worry, it changes. excess pigment sheds off over the next 2–3 days, and the skin starts to heal over. a layer of healed skin on top of the pigment masks and tones it down considerably. as swelling goes down the lines will be thinner. on about the 4th day you are close to looking normal and no one notices anything. colors will continue to soften over the next few weeks. it will look very natural in 2–3 months. you will see another difference around 7–9 month time period. it looks even softer and lighter. brows and lips that looked fine at 2–3 months may have faint areas or be too light after 7–9 months.
 2. **OUTER HEALING** complete about 3–6 days for eyes, 7–10 days for lips.
INNER HEALING completes about 1–2 months.
 3. swelling migrates as it resolves. dispersion into a larger area aids dissipation of swelling, in addition to on-the-spot absorption of swelling by the lymphatic system, excess fluid travels down with gravity through the fatty tissue anyone who has had breast implant surgery may remember having edema in the lower abdominal skin a few weeks later, or if you have watched someone healed from a bruised eye, you noticed that by the time it is almost healed the last little bit of swelling and discoloration is an inch or two lower at the cheekbone. swelling from eyebrows can drain to the top eyelids. swelling on top eyelids have a little movement out and down from the sides over the outer half, but fluid over the inner half is mostly trapped there until absorbed. swelling in the top lip. fluid from the bottom lip can drain down the chin and neck to speed removal. since the top lip doesn't have anywhere to drain below it, other than a little movement out to the sides. fluid is stuck there until the lymph system can suck it all out.
 4. how easily a person swells and bruises may be affected by age, food and meds consumed and hormonal cycles. swelling could be from no noticeable swelling to bruising. brows have minimal swelling, but the wet paint look is difficult to hide unless you have long bangs or big rim glasses. eyes have moderate swelling, but can be easily hidden with sunglasses. generally speaking, younger women's eyes swell less and the swelling goes down faster after eyeliner procedures. older women have loose skin that provides a greater water holding pocket. additionally, circulation and cellular turnover slows with aging. lips can swell four times their normal size and there is no hiding them. after three to four days when the area is healed enough that you don't have to worry.
 5. you may now wear makeup
 6. flaking will continue for about 2 weeks and the color will fade about 30–50% in about 2 weeks. (individual vary)
 7. enjoy your permanent makeup
 8. post visit, 4–8 weeks follow procedure, if needed.

***FAILER TO FOLLOW POST PROCEDURE INSTRUCTIONS MAY CAUSE LOSS OF PIGMENT, DISCOLORATION OR INFECTION.**