



LIP BLUSHING

Before your appointment

DO

- Drink lots of water starting at least 48 hours before
- Take anti-virals starting at least one week before if you are prone to cold sores
- Discontinue blood thinning medications, including ibuprofen, aspirin and Aleve, 5 days before
- Discontinue Vitamin E and Fish Oil supplements five days before
- Exfoliate your lips twice a day for one week before your appointment
- It is best not to get lip fillers at least one month before your appointment

DON'T

- No caffeine on the morning of your appointment
- No workout on the day of your appointment
- No alcohol the night before your appointment

During your appointment

Depending on your chosen aesthetic, the lip treatment may take 2-3 hours. To ensure your comfort, numbing cream will be applied before the mapping (drawing shape) process. You will actively participate in creating and refining your shape. Note that after the procedure, your lips will be slightly puffy, and the color will be much brighter than the target color. After a few days, they will settle down to reveal a soft and pretty look.

After your appointment

- During the first 4 hours post-treatment, wipe/blot your lips with a clean, dampened tissue or cotton ball to eliminate the build-up of fluids during the healing process.
- After the first 4 hours, consistently apply small amounts of Aquaphor to moisturize the lips. Make sure your hands are clean or use a Q-tip
- Gently wash with mild soap 1-2x/day
- Don't use washcloths, pick or scratch the tattooed area
- No makeup on or around lips for one week
- No facials, Botox, or chemical treatments for 4 weeks after the procedure.
- When brushing your teeth, apply Aquaphor to your lips first to eliminate water and toothpaste from getting on your lips.
- Peeling can happen. If your lips start to peel, don't panic! This is normal for people who get tattoos on their skin.
- Avoid the sun and tanning booths for one week, and always use sunblock when exposed to UVB/UVA.
- For long-term care, keep Retin A, AHD/BHA's, and other exfoliants away from the lip area.
- Avoid swimming pools, saunas, hot tubs, etc.. until lips have healed (approx. 1 week)
- Drink liquids through a straw
 - No sweating for 1 week
- Eat bite-sized, manageable food
 - No smoking for one week
- Avoid spicy, oily and salty food
 - No kissing for one week

Following these steps will help give you the optimal experience while reducing any unwanted risk to your health.

Date: _____

Client Name: _____

Client Signature: _____

Therapist's Signature: _____

POWDER BROWS

Before your appointment

- No caffeine on the day of your appointment.
- Do not work out on the day of your appointment.
- No alcohol the night before your procedure.
- No fish oil or Vitamin E one week before your appt.
- Do not tweeze, thread, undergo electrolysis or wax 5-7 days before your appointment.
- Discontinue blood thinning medications, including ibuprofen, aspirin and Aleve, 5 days before appt.
- No Retin A, lasers, microdermabrasion or chemical peels 3 weeks before your appointment.
- Must be off of Accutane at-least one year before treatment.
- No Botox/Dysport 3 weeks before procedure
- No blood thinners for one week before appointment
- No sunburn 2 weeks before appointment

During your appointment

The procedure will take 3-4 hours. To ensure your comfort, numbing cream will be applied to your brows prior to the mapping (drawing shape) process. You will actively participate in creating and refining your shape. Note that after the first session, your brows will appear BOLD and dark. They will be darkest days 2-4. This is normal. Around 7-14 days you may notice some flaking/shedding of the skin near the brow area. When the skin flakes off, many times the pigment will disappear. This is NORMAL! This is because there is still a thick layer of protective skin creating a veil over the pigment. Once you go through a skin regrowth cycle (4-6 weeks) the pigment will typically reappear but may be up to 50% lighter than it was immediately after the procedure. At your touch-up session, we will PERFECT your brows and adjust the color and shape. TRUST THE PROCESS!

After your appointment

Keep the area clean and free from bacteria; following these simple steps can achieve the best outcome for your new permanent make-up.

- Do not touch, rub, scratch, pick or peel the treated area.
- Keep your hair off your eyebrows for the first week.
- Do not sleep on the treated area for the first week.
- Gently wash with mild soap 1-2x/ day. Otherwise avoid getting the brow area wet for 10 days.
- Do not exert yourself to sweat for 7-10 days.
- No make-up, creams, cleansers, lotions, gels or any product on the eyebrows for 10 days (unless directed by your technician).
- Do not expose the healing skin to the sun, tanning beds, hot tubs, sauna, jacuzzi, beach, lake, ocean or pool for 10 days.
- No tweezing, waxing, threading, facials, Botox or massage for at least 3 weeks post-procedure.
- No chemical treatments, retinol, AHAs, microdermabrasion or lasers for at least 60 days post procedure.

Following these steps will help give you the optimal experience while reducing any unwanted risk to your health!

Date: _____

Client Name: _____

Client Signature: _____

Therapist's Signature: _____