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### AFTER CARE INSTRUCTIONS

PROCEDURE	SWELLING	MOISTURE	AVOI	COMMENTS
<p><b>Brows</b></p>	<p>Very slight, a little redness in the immediate area.</p>	<p>Keep the areas <u>slightly</u> moist using a Q-Tip with Vaseline or other Topical Ointment. Use a separate Q-Tip for each brow. The skin should not appear overly greasy. Apply a thin coat 2 to 3 times a day (morning, night and in between) for 7-14 days. If crust appears on pigmented surface, <b>do not force removal by picking, scratching, or washing!</b> (You will remove pigment along with the crust). Brows are not considered completely healed until all crusting has exfoliated naturally.</p> <p>Don't be alarmed if color comes off onto the Q-tip when applying topical ointment. This is normal. After one week you may apply makeup on the brows.</p>	<ul style="list-style-type: none"> <li>• Soaps, facial cleansers, moisturizers, skin creams, all Aloe Vera and Vitamin E products on pigmented area. Avoid direct contact with pigmented area when washing for one week. Avoid Retin-A and glycolic acids on the brows <i>forever</i>.</li> <li>• Makeup on pigmented area for 7 days, including non-allergenic.</li> <li>• Sun and tanning beds on pigmented area.</li> <li>• Terry towels on pigmented area for one week.</li> <li>• Excessive water exposure, hot, steamy, long showers or baths, recreational water activities, such as, chlorine pools, Jacuzzis or saunas for one week.</li> <li>• Exposing pigmented area to shampoo and conditioner for one <u>week</u></li> </ul>	<p>A thin coat of Vaseline over the brows is a good idea before showering or shampooing your hair.</p> <p>Don't be alarmed by color fading after first application. The final color cannot be judged until at least 2 weeks after the touch-up application is completed. This is the reason a follow-up is required.</p> <p>You must seek medical attention if you have signs and symptoms of infection, including, but not limited to redness, swelling, elevated body temperature, tenderness or discharging pus at the procedure site.</p> <p><b>LONG TERM CARE:</b>        Use a good sunscreen once the area</p>

<p><b>Eyeliner</b></p>	<p>Moderate. An enclosed ice bag or a baggie with frozen peas should be applied for 1-2 hours; 10 minutes on and 10 minutes off.</p> <p>The bag of ice should not touch the eyes directly. (1) Apply Vaseline or other topical ointment on the pigmented area. (2) Place clean damp gauze over the eyes. (3) Place the bag of ice over the eyes.</p> <p>Following procedure, area may be slightly puffy for the first few mornings, therefore, beginning on the second day, apply an ice bag on the eyes in the morning. Try sleeping somewhat propped up on your back.</p> <p>The wider the liner, the more swelling is to be expected. Tail work may cause redness on outer corner of eyes.</p>	<p>Keep the pigmented areas <u>slightly</u> moist using a Q-Tip with Vaseline or other topical ointment, 2-3 times a day for 5-7 days. Use a separate Q-Tip for each eyelid. If crust appears on pigmented surface, <b>do not force removal by picking, scratching, or washing!</b> You will remove pigment along with crust.</p> <p>If you can see the ointment, you have too much on. Simply apply the thinnest coat, and avoid getting it into your eye. Only reapply when the eyelid area begins to feel tight.</p> <p>Avoid too much topical ointment.</p>	<ul style="list-style-type: none"> <li>• Avoid contact lenses for seven days (please bring your eyeglasses).</li> <li>• Avoid soaps, facial cleansers, moisturizers, skin cream, all Aloe Vera and Vitamin E products on pigmented area. Wash around it for one week. Avoid Retin-A and glycolic acids <i>forever</i>. Avoid makeup on pigmented area for 7 days, including non-allergenic. Avoid sun and tanning beds on pigmented area. Restrict gardening activities or contact with animals for one week.</li> <li>• Avoid excess water exposure such as, hot, steamy, long showers, baths, recreational water activities, chlorine pools, Jacuzzis or saunas for one week.</li> <li>• Avoid excess water, shampoo and conditioner from getting onto pigmented area, shower with back to water for one week. A thin coat of Vaseline over pigmented area is a good idea before showering or shampooing.</li> </ul>	<p>Don't be alarmed by fading after the first application. The final color cannot be judged until at least two weeks after the touch-up application is completed.</p> <p>Don't be alarmed by color coming off onto the Q-tip, when applying topical ointment. This is normal. *WARNING: Although your eyelid may have a slight pink or redness above the eyeliner, immediately following the procedure, <b>YOUR EYEBALL SHOULD NOT BE RED!!</b> You must seek medical attention immediately if you see signs of bloodshot eyes or puss in the corner of your eye.</p> <p>After one week you may apply makeup on the eyes. Purchase a new tube of mascara.</p>
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Client Signature

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<p><b>Lips</b></p>	<p>Moderate. An enclosed ice bag or baggie with frozen peas should be applied for 1-2 hours; 10 minutes on and 10 minutes off.</p> <p>Be sure to apply Vaseline and then clean damp gauze to prevent the bag of ice from touching the lips.</p>	<p>Lips will tend to be very dry. Keep them moist using a clean Q-Tip with Vaseline or other topical ointment for 14 days. Some peeling may occur. <b>Do not peel off!!!</b> During the healing process, try not to wipe your lips with a napkin while eating. Drink through a straw, even hot coffee or tea until the lips are healed. Lips have a tendency to fade up to 60%.</p>	<ul style="list-style-type: none"> <li>• Avoid soaps, facial cleansers, moisturizers, skin cream, all Aloe Vera and Vitamin E products on pigmented area for two weeks. Wash around lips carefully! Avoid Retin-A and glycolic acids totally on the lips.</li> <li>• Avoid excess water exposure such as, hot, steamy, long showers, baths, recreational water activities, chlorine pools, Jacuzzis or saunas for two weeks.</li> <li>• Terry towels on pigmented area.</li> <li>• Restrict gardening activities or contact with animals for one week.</li> <li>• Apply a thin coat of Vaseline or other topical ointment over pigmented area is a good idea before showering for first two weeks.</li> <li>• Avoid Makeup on pigmented area for 7 days, including non-allergenic.</li> <li>• Sun and tanning beds on pigmented area <i>forever.</i></li> <li>• Avoid spicy, salty foods for 2 weeks.</li> <li>• Drink liquids through a straw.</li> </ul>	<p>Lips will always require a sun block due to dye photosensitivity.</p> <p>Anyone with a history of cold sores, canker sores and/or fever blisters on the lips or chin can ask their physician for a prescriptive antiviral medication.</p> <p>For a lipliner procedure, apply lip makeup after one week.</p> <p>For a lipblend or full lipshading procedure, apply lip makeup after two weeks.</p> <p>You must seek medical attention if you have signs and symptoms of infection, including, but not limited to redness, swelling, elevated body temperature, tenderness or discharging pus at the procedure site.</p> <p><b>LONG TERM CARE:</b> Use a good sunscreen once the area has healed and reapply throughout the day.</p>
<p><b>Camouflage/ Areola Complex</b></p>	<p><b><u>Camouflage procedures:</u> follow the Brow Instructions.</b></p> <p><b><u>Areola Complex procedures:</u> follow Brow Instructions and wear loose fitting T-shirt without a bra as often as possible for the first week following procedure.</b></p>			
<p><b>Long Term Care For All Procedures</b></p>	<ul style="list-style-type: none"> <li>• Use a good sunscreen daily. The lips especially require protection, as red/orange dyes can become photosensitive resulting in an allergic reaction.</li> <li>• If you are planning a chemical peel, MRI or other medical procedure, please inform your physician that you have permanent makeup.</li> <li>• If you donate blood, it is a Red Cross policy that you must wait one year after any micropigmentation procedure to resume donation.</li> </ul>			

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**Call the office if you have any concerns or questions.**