

Pre- and Post- Procedure Instructions

Pre-Instructions

- Do not take aspirin as this promotes bleeding (but do not change your doctor's prescribed regimen if you are taking aspirin under physician care). Acetaminophen may be taken for temporary pain relief.
- Remove contact lenses prior to an eyeliner procedure.
- Exfoliate the skin for a smoother surface. Pigment may “take” better.
- **Do not wax or pluck hairs from the eyebrow area where pigment is to be applied for at least 48 hours before the scheduled procedure.**
- We recommend that you do not consume alcohol within 24 hours of the procedure. Hydrate your body by drinking plenty of water. This will help with the healing process.
- If you are prone to cold sores or fever blisters and are getting lip color, please contact your doctor for an anti-viral medication to begin taking a week before your scheduled appointment.
- Contact Lasting Looks to help determine if any medications or supplements you are taking could affect your procedure.

Instructions for all procedures – during the healing process

- Apply healing ointment (Aquaphor) once every 3 to 4 hours. Do not allow the pigment to become dry. Apply Aquaphor for 3 to 4 days to eyeliner and / or 5 to 7 days for the eyebrows. Apply and remove excess. Less is more – just keep pigment moist. For lips, apply Liprotek as provided at your appointment.
- Ice packs can be applied for one 15 minute interval per hour for the next 12 hours. Do not ice for more than 15 minutes at a time. Place a clean tissue between the ice pack and the skin.
- The morning after an eyeliner or lip procedure, the treated area may be more puffy or swollen than the previous day. Do not be alarmed. Continue with ice packs, as needed. Swelling is less noticeable in the brow area.
- Drink plenty of water to help with the healing process.
- You may wash your face as normal, avoiding the treated area. Pat skin dry.
- Do not rub the area of or around where pigment has been applied.
- Do not pick off any scabs or pigment that may be flaking off.
- Do not do any heavy exercise or anything that will cause excessive perspiring for at least 2 to 3 days.
- Your procedure will begin to oxidize (turn darker) for the next 3 to 4 days. Do not be alarmed. It may turn darker by 40%. By about the 4th day it will flake off and then the color will return to what was implanted the first 5 minutes of the procedure.
- Fading or loss of pigment may occur. Flaking off of pigment may occur. Do not be alarmed. This is normal on some skin types while it may not occur on other skin types. Schedule your follow up appointment for 30 to 45 days as recommended.

Ongoing Instructions for prolonged pigmentation

- Schedule a procedure to apply the finishing touch, but please wait 30 days for the scheduled time. Wait at least 6 weeks after a lip procedure. Changes such as fading, darkening, or enrichment of color may occur during this time period.
- Use sun block to prevent fading. Lighter pigments will require a color boost more often than darker pigments. Color boosts of my work provided at discounted rates.
- Avoid using any products with alpha hydroxyl acids, topical vitamin C, or lash perms. Any of these products, if used directly on your procedure, will strip or bleach most of the color out.

At the first sign of a possible infection, please contact me at (302) 463-8871. This is my cell phone and I can be reached at any time.

If you feel that you have something in your eye, you become very sensitive to light and / or you have blurry vision, please contact your ophthalmologist immediately or go to an emergency room. Continue with your anti-viral medication for lip procedures, if you required this pre-treatment.