

## Pre-Procedure Instructions for Permanent Cosmetics

If you have an upcoming permanent make up appointment please take note of the following instructions.

### For Eyebrows:

- If you tint your brow hair, have this done before the treatment.
- Do not wax, tweeze or shave the brow hairs within 48 hours of the procedure.
- **If you pencil or powder your brows, come with your brows done.**
- You may bring in makeup currently used.
- It must be at least 48 hours since your last Botox injection.

### For Eyeliner:

- Discontinue use of any lash conditioners, such as Latisse® or other, for ONE YEAR.
- If you tint your lashes, have this done before the procedure.
- Contacts must be removed and kept out for 4 days. Please bring your glasses to the appointment if they are necessary for driving.
- If you wear eyelash extensions, please be aware that you must wait two weeks after the procedure before any lash extensions can be applied. Please refrain from having a lash fill done between Initial and follow-up eyeliner procedures. The less extensions I need to work around – the better your result.

### For Lips:

- If you have EVER had cold sores, fever blisters or canker sores, you MUST pre and post medicate with an anti-viral medication to prevent breakout.
- Discontinue use of any “stain” lip colors 2 weeks before appointment.
- Recovery for lip procedure is about 10 days, please plan accordingly.
- Tattooing will NOT occur outside the natural lip line. If your intention is a fuller lip, seek a consultation for lip fillers.
- If you have lip fillers, it must be at least 2 months since your last injection.

### For All Procedures:

- Discontinue fish oils or Omega 3, 6, and 9's two weeks prior to your appointment.
- Limit caffeine, alcohol and energy drinks for 48 hours before your appointment.
- If you are on a prescription blood thinner you **must** consult your physician first and provide us with a note of medical clearance prior to the procedure. This may or may not preclude you from having permanent cosmetics.

## **Lasting Looks**

### **Permanent Cosmetics & Microblading**

4101 Newport Gap Pike  
Wilmington, Delaware 19808  
(Inside Modern Essentials Spa)  
302-635-7327

# *What to Expect*

## ***Eyebrow Healing Schedule***

**Day 1:** The eyebrows are approximately 40-50 percent darker and bolder in width than they will be when healed. There is some swelling, although difficult to see, due to the thickness of the skin in the eyebrow area. This will subside. Brows will oxidize during this time and appear darker prior to exfoliation and the softening period. Exfoliation, which begins in a few days, will cause the excess pigment surrounding the eyebrow procedure to flake away and a more narrow and lighter appearance will result. New skin will heal over the pigmented area and result in a softer appearance of your eyebrows. Do not be concerned that your eyebrows initially appear darker and heavier in size than you desire; this is part of the process. **Day 2:** Conditions remain the same. **Day 3:** Eyebrows may start to itch and will appear a bit thicker in texture. **Day 4:** Exfoliation begins; the skin begins to flake, peeling away from the outside edges first. **Day 5-10:** Color finishes flaking off and appears softer and grayer for a few days until the color clarifies. At first, it is TOO DARK, then it is TOO LIGHT, then it becomes JUST RIGHT!

## ***Eyeliner Healing Schedule***

The eyeliner is approximately 40-45 percent darker and bolder in width than it will be when healed. There is some puffiness under the eyelid skin. This will subside. **Day 1:** Puffy, as if you have been crying, with a heavier makeup look. **Day 2:** Puffy, usually for only a few hours after waking up, with the heavier eye makeup look continuing. **Day 3:** Puffiness decreases with a tight feeling. The pigment begins to lift away from the skin. **Day 4:** There is a "pinching" feeling. Some itching is normal as the skin begins to flake. **RESIST THE URGE AND DO NOT PICK AT IT!** Apply the ointment as needed to alleviate this feeling. **Day 5-7:** Blinking movements of the eye usually begin to remove all dry pigment by this time. Color is somewhat grayish and will take up to 21 days to develop to full color. **The eyeliner may appear to disappear after it peels, but be patient, as it will begin to bloom back in.** At first, it is TOO DARK, then it is TOO LIGHT and then it becomes JUST RIGHT!

## ***Lip Color Healing Schedule***

**Day 1:** The lips are approximately 70 percent darker and bolder in width than they will be when healed. There is some swelling. This is normal and will subside. Lips will oxidize during this phase and appear darker prior to exfoliation and the softening period. Exfoliation, which begins in a few days, will cause the excess pigment covering the lip procedure to flake away and a more narrow appearance will result. New skin will heal over the pigmented area and result in a softer appearance of your lips. Do not be concerned that your lips initially appear darker and heavier in size than you desire; this is part of the process. In addition, due to the uneven swelling distribution, the lip liner shape may not appear even immediately after the lip procedure. This is not cause for concern. Please be patient and allow the swelling to subside. Rest assured; the liner was completed prior to swelling. **Day 2:** Conditions remain the same, but the lips will feel extremely dry like a sunburn. **Day 3:** Exfoliation begins; the outer layer of skin begins to flake. As you experience this, you may feel more comfortable coating the lips several times a day with a cotton swab dipped in ointment. You may use a clean lint free paper towel to blot the lips during this process. Some clients will repeat the ointment application and blotting step throughout the peeling process. **RESIST THE URGE AND DO NOT PICK AT IT!** Any assistance in removing the residual pigment pieces can cause color loss and uneven color as well as additional scabbing and bleeding. Use your Q-tips and moisten the area with ointment as often as you feel the need. **Day 4:** Color finishes flaking off and appears softer and *grayer* for a few days until color clarifies. Final Stage of Healing Process begins after exfoliation is finished. **Day 5 through Day 21:** There may be initial exfoliation for a few more days. Lip color will continue to be hazy for a few days. Your lips will modify and bloom for approximately 21 days. At first, it is TOO DARK, then it is TOO LIGHT, then it becomes JUST RIGHT!

Lips are a muscle and will need 1 to 3 sessions to complete this entire procedure. Lips can be very unpredictable. Some clients will yield very strong healed lip color. Others will only heal with slight color uptake. This will vary on an individual basis. Clients with sun damage, scar tissue (from injury or fever blisters) and clients with implants may not have strong results. Hyperpigmentation can happen on any lip client without warning.

**This schedule is used only as a GUIDELINE. You experience may vary by a few days and this is normal. Woman in their 20s may expect to heal by the 4<sup>th</sup> week. Add a week for every 10 years of age. Some women will not receive their full color for 8 weeks. Please be patient and enjoy the process.**