



Pre-Treatment Instructions for Permanent Make-Up

- If you are prone to cold sores, you will need to contact your physician for antiviral medication to avoid a post treatment breakout. It is recommended you begin prophylaxis **two (2) days** prior to treatment and continue for **five (5) days** post treatment.
- Avoid consumption of caffeinated beverages for **8 hours** prior to treatment.
- Contact lenses should be removed before treatment when having eyeliner or lash enhancement services.
- Discontinue use of over the counter Retinol, Glycolic and other Alpha Hydroxy Acids, Salicylic or Beta Hydroxy Acids, or other exfoliation products three to **five (3-5) days** prior to treatment.
- Discontinue use of prescription Retinoid products (Retin-A, Renova, Tretinoin, Avita, Alustra or other brands of Tretinoin), other prescription Retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) **3-5 days** prior to treatment.
- Avoid having exfoliating skin treatments (Microdermabrasion/Chemical peels) for **7 days** prior to treatment.
- No waxing, electrolysis, other hair removal products or methods within **24 hours** prior to treatment.
- No Botox within **3 months** prior to treatment.
- No collagen or other dermal filler injections for 6 months prior to treatment.
- Follow all pre-treatment home care product recommendations as instructed by your Technician. Optimal results are achieved by following a home care regimen that will enhance the treatment process.



Permanent Make-Up



Post Treatment Instructions for Permanent Make-Up

- Cosmetic make up cannot be applied directly to the areas treated for **7 days**.
- You must protect your skin every day with a full spectrum sunscreen that protects both UVA and UVB with an SPF of 30 or higher. We recommend you use a sunscreen containing zinc oxide and titanium dioxide to provide you with full spectrum protection. Avoid direct sun exposure. All tanning and tanning beds must be avoided for at least **7 days** after the treatment.
- For the first **72 hours**, apply the recommended PMC product at least 3x daily.
- If crusting of the area treated occurs, do not pick or remove crust.
- Avoid chlorine pools or saunas for **7 days** after the treatment.
- Do not use glycolic, alpha hydroxy, beta hydroxy, retinol, benzoyl peroxide or topical acne medications for **3-5 days** following treatment. You may resume products after this period or as instructed by your technician.
- You may resume prescription retinoid products (Retin A, Renova, Tretinoin, Avita, Alustra or other brands of Tretinoin) and other prescription retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) **seven (7) days** after last skin peel treatment, or as instructed by your technician.
- Upon resumption of waxing, electrolysis or other hair removal methods please notify your technician that you recently had PMC Permanent Make-up.
- Refrain from Botox, collagen or other tissue filler injections for **seven (7) days** following a treatment. Avoid excessive exercise for **7 days** after the treatment.

Description & Expectations:

Permanent Makeup is a service in which you use a process that parallels tattooing to enhance or create eyebrows, eyeliner, lip liner or beauty marks. This process can also be used to help those with vitiligo, or uneven skin areas of the body. Proper pigments are chosen by professional permanent makeup artists to ensure a long-lasting result with no color change. Since the pigments used are not as potent as regular tattoo ink, and they only sit under 2 layers of the skin, touchups are typically necessary post-treatment. You are susceptible to losing 50% of the pigment depending on skin type, age, and healing. A local anesthetic can be applied prior to treatment for extra comfort as well.

