

## LIP BLUSH PRE-CARE

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To ensure the best retention of color, exfoliate your lips during the week prior to your procedure by using a soft toothbrush or a washcloth. After exfoliating, apply a thick layer of lip balm/Aquaphor to ensure your lips are hydrated so they take the pigment better.

\*\*Valtrex must be taken 5-7 days prior to your day of treatment and afterwards if you have a history of cold sores/any blisters. Prescribe from your doctor. For over the counter, take Lysine 7 days before the day of treatment and during the healing process (5 days).

## EYELINER PRE-CARE

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Please do not use contact lenses, mascara, or eye makeup the day of your procedure. Lash extensions or lash serum needs to be removed at least a week before your appointment.

## PERMENANT MAKEUP PRE-CARE

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To ensure your skin is in the best possible condition for an amazing micropigmentation results, please:

- Do not work out the day of the procedure as body heat opens pores.
- Avoid heavy sunlight, especially a sunburn 7 days before the procedure. The skin should not be going through a healing process!
- Do NOT drink coffee or any caffeine the day of the procedure.
- Do NOT take Aspirin, Niacin, Vitamin E, Ibuprofen, or Omega 3, unless medically necessary 48-72 hours prior to the procedure. (Tylenol or Acetaminophen is okay).
- Do NOT take blood thinners.
- Do NOT drink alcohol or energy drinks 24 hours before the procedure.
- If you don't know if you are allergic to lidocaine, pigment, or makeup, please schedule a patch test with us in advance.

Avoid the following treatments within 4 weeks of the procedure:

- Botox and/or any other cosmetic fillers
- Chemical peels
- Laser treatmeants
- Retin-A
- Accutane
- Steroids
- Antibiotics

