

PROCEDURE	SWELLING	MOISTURE	AVOID UNTIL HEALED	COMMENTS
<p>eyebrows</p> <p>amouffage</p> <p>Areola Complex</p> <p><small>r loose fitting T-shirt and a bra, as often as ble for the first week (wing procedure)</small></p>	<p>Slight with transient redness</p> <p>Slight with transient redness</p> <p>Slight with transient redness</p>	<p>Keep area lightly moist using Q-Tip with the Vaseline ointment given to you (not overly greasy) 2 to 3 times a day (morning, night & in between) for 7-10 days. If slight crust appears on pigmented surface, do not force removal by picking, scratching, or washing! (You will remove pigment along with crusting). Brows are not considered healed until all crusting has exfoliated.</p> <p>Dab the brows frequently with a tissue the day of procedure to prevent the excessive buildup of body fluid. This decreases the amount of crusting.</p>	<ul style="list-style-type: none"> • Soaps, facial cleansers & water on pigmented area. Wash around it. • Makeup on pigmented area until healed. • Retin A & Glycolic Acids on pigmented areas while healing. Continued use after healing over pigmented areas can fade or alter the color. • Touching with fingers. • Sun, tanning beds & Self Tanners on pigmented area. • Chlorine pools, Jacuzzis or saunas. • Hot, steamy, long showers. Shower with back to water to avoid water, shampoo and conditioner getting onto pigmented area. A thin coat of Vaseline over pigment is a good idea before showering. • Dirt, as in gardening, for the first 3 to 4 days to prevent possible infection. 	<p>Don't be alarmed by fading after first application. The final color cannot be judged until at least 2-3 weeks after the touch-up application is completed. This is the reason a follow-up is required.</p> <p>Don't be alarmed if color comes off onto the Q tip when applying topical. This is normal.</p> <p>For Long Term Care: Use a physical sunscreen containing zinc oxide or titanium dioxide daily (year round). This greatly helps in preventing a color change and fading. Colors will alter with the penetration of UV rays.</p>
<p>Eyeliner</p>	<p>Moderate. An ice bag or cold compress should be applied for first day - 10 minutes on at a time. Do as often as you desire for comfort. Following procedure, area may be puffy for first few mornings, therefore, beginning on the second day, apply a cool compress on the eyes in the morning. Sleeping propped up & on your back will reduce swelling.</p> <p>Avoid food high in Sodium for a few days, as this can increase puffiness around the eyes.</p> <p>The wider the liner, the more swelling to be expected.</p> <p>Tails may cause redness on outer corner of eyes.</p>	<p>Wash eyes the first morning following procedure with antimicrobial soap and/or just water. Rinse well and pat very lightly, dry. Re-apply Vaseline ointment with Q-Tip.</p> <p>Keep the eyeliner only slightly moist using a Q-Tip with Vaseline given to you, approximately every 4 hours while awake. Continue to keep the area slightly moist for five days. Do not allow area to dry out or too moist by applying a large thick covering of ointment.</p> <p>Nothing other than A&D ointment, Aquaphor, Vaseline or Lacri-Lube should be used.</p> <p>-Use Bacitracin the night of your procedure and the next morning only after cleansing.</p>	<ul style="list-style-type: none"> * Contact lenses day of procedure. Contacts may be used when your eyes return to their preprocedure condition. Please bring your glasses! • Chlorine pools, Retin A or Glycolic acids totally, Jacuzzis or Saunas, Terry Towels on pigmented area, Hot, steamy, long showers. Shower with back to water to avoid water, shampoo and conditioner from getting onto pigmented area. Apply a thin coat of Vaseline ointment over pigment before showering. • The use of an eyelash curler or mascara for seven days. Purchase a new tube of mascara. Bacteria can be in your old tube. Avoid the use of makeup around the eye until healed. • Too much Ointment.. if you can see it, you have too much on. Simply apply the thinnest coat with Q-Tip and avoid getting it into your eye as this can invite an infection. Re-apply when the eyelid area begins to feel tight, or every 4 hours. Clean the excess buildup of ointments from lash line every morning and night with a warm water soaked Q-tip. 	<p>DO NOT TOUCH YOUR EYES WITH ANYTHING BUT A Q TIP OR TISSUE> ESPECIALLY YOUR HANDS!!!</p> <p>Don't be alarmed by fading after the first application. The final color cannot be judged until 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 Vaseline. This is normal.</p> <p>WARNING! Although your eyelid may have a slight pink or redness above the eyeliner, immediately following procedure, YOUR EYEBALL SHOULD NOT BE RED! You must seek medical attention, immediately, if you see signs of bloodshot eyes or eyes in the corners of your eye or eyes. This may be a bacterial infection and requires a physician.</p> <p>The use of any eye drop may be used if eyeball feels dry or irritated.</p>
<p>lips & liner</p>	<p>Moderate. An ice bag or cold compresses should be applied for the first few hours—10 minutes on at a time. Reapply as needed for comfort. The anesthetic ointment given to you may be used only when the discomfort is great. DO NOT USE CONTINUALLY. Toxicity may occur if used continually.</p> <p>Be sure to apply Vaseline and then a tissue to prevent condensation from the bag of ice touching lips.</p>	<p>Follow Eyebrow instructions for a 2-week period Lips will tend to be very dry. Keep them moist using a Q-Tip and Vaseline or Aquaphor for 14 days. Some peeling may occur. Do not peel off!!!</p> <p>Lips have a tendency to fade up to 60% and color can hide for a 6-week period before resurfacing.</p> <p>Very moist lipstick and lip gloss may be worn over a coat of Vaseline.</p> <p>Lips will always require a sun block due to photosensitivity.</p>	<ul style="list-style-type: none"> • Teeth bleaching for minimum of 3 weeks. The use of a whitening toothpaste can fade color over time. • Direct sun, and tanning beds on pigmented area forever. • For 2-wks, try not to wipe your lips with a napkin while eating. Drink through a straw—even hot coffee or tea. Do not over stretch your lips. 	<p>If you have a history of cold sores, canker sores and/or fever blisters on the lips, chin or nose you will require a prescription of 40 capsules of 500 mg Valtrex from your physician. (20 for initial procedure and 20 for the touchup to avoid two co-pays) These can be taken 2 times a day, five days before procedure and five days after or as otherwise prescribed.</p>
<p>LONG TERM ARE FOR ALL PROCEDURES</p>	<ul style="list-style-type: none"> • Use a good sunscreen daily (except on eyeliner). The lips require protection as pigment can become photosensitive. • If you donate blood, it is a Red Cross policy that you must wait one year after any tattooing procedure. • If you are planning a chemical peel, MRI or other medical procedure, please tell them that you may have had an iron-oxide cosmetic tattoo. The pigments I use do NOT contain iron oxides. Therefore there are no risks for an MRI. • If you are planning to have laser hair removal on your upper lip or a Photo Facial with an IPL you must tell your laser specialist that you have permanent make up so this area can be avoided by the laser. Both ablative and non-ablative lasers may or will cause pigment to turn black. 			