



AFTERCARE ADVICE - all treatments

- Good aftercare is critical for good healing and achieving the best results and must be strictly followed.
- You may notice whiteness or blanching around the area. This is normal and will subside within a few hours.
- You may get some swelling and/or redness. This is normal and should subside within two days.
- In some cases there may slight bruising. This should last no longer than 1 week.
- Remember that the colour will be 45-70% darker and more prominent for 5-7 days on average, after which it will soften.
- After treatment, use a fresh, clean pillowcase while you sleep and if you can, and avoid sleeping on your face for the first 10 days.
- Some itching is normal. DO NOT PICK, PEEL OR SCRATCH. This can cause infection, scarring and loss of colour. Let any scabbing or dry skin naturally exfoliate away.
- Avoid hot, sweaty exercise for one week.
- Avoid direct sun exposure or tanning (including tanning beds) for 4 weeks after the procedure. Wear a hat when outdoors and do not apply any sunscreen to the area until the skin is fully healed.
- Do not expose the healing skin to excessive heat, cold or moisture, e.g., long hot showers, jacuzzis, saunas, saltwater, chlorinated pools, face down swimming, direct shower spray, hot water, skin creams or ointments (other than the aftercare product provided) for 2 weeks following your procedure.

PERMANENT MAKEUP AFTERCARE

- No facials, Botox, chemical treatments or microdermabrasion for 4 weeks. (Bear in mind if this is your initial treatment, a retouch is required after 4-6 weeks. I therefore advise against having any of these treatments until your brows are completed and fully healed from the retouch session.

Important instructions for showering

- Limit your showers to 5 minutes so that you do not create too much steam.
- Keep your face / treatment area out of the water while you wash your body, then at the end of the shower wash your hair. Your face should only be getting wet at the end of the shower.
- Avoid excessive rinsing and hot water in the treatment area, e.g., do not stand with your face directly under the shower jets. Blot away any wetness with a clean tissue or clean towel.

Healing

As soon as your procedure is finished, your body will start to heal. The skin will close and you may see a thin scab which will protect the area whilst the skin heals. After a few days the scab will start to come away revealing the pigment. You will see a lighter hue of implanted colour initially which will change and settle over the coming 4-6 weeks.

Please note your initial treatment is a TWO STAGE PROCEDURE and is not deemed complete until you have had both treatments. Your second visit must follow within 4-12 weeks so please ensure you schedule this. Any treatments after this time will be charged as a Colour Boost.

Note that in some cases, clients may require a second retouch. An additional charge will apply for a third treatment.

Absorb (first 1-2 hours)

Gently blot the area with a clean tissue to absorb any excess lymph fluid. Do this every 5 minutes until any oozing has stopped. (This prevents crusting of the lymphatic fluids).

Wash (Days 1-7)

- Wash daily to remove bacteria, build up of product and oils, and dead skin. (Don't worry – THIS DOES NOT REMOVE THE PIGMENT!)
- Gently wash the area each morning and night with water and a mild / gentle soap. Do not use scented products or makeup wipes as these may irritate the skin.
- With clean hands and a very light touch, use your fingertips to gently cleanse the area.
- Rub the area in a smooth, gentle motion for 10 seconds and rinse with water, ensuring that all soap is washed away.
- To dry, gently pat with a clean tissue. (Do not rub!).
- DO NOT use any cleansing products that contain acids (glycolic, lactic or AHA), or exfoliants.
- I do have products for sale in the clinic that have been especially formulated for cleansing after micropigmentation procedures.

Moisturise & Hydrate (Brows & Lips: day 1 onwards)

- Wash your hands, then using a clean cotton bud, apply a tiny rice grain amount of the provided aftercare product, gently smearing the product across the treatment area.
- Take care not to over-apply the aftercare product as this will suffocate your skin and delay healing. The product should be barely be noticeable on the skin.
- NEVER put the product on a wet or damp tattoo. Always make sure the area is patted dry after cleaning.
- Prevent cross-contamination of your aftercare product by using a clean cotton bud for each application (i.e., do not "double dip" a used bud into the aftercare product container).

FOR BROWS

- Keep hair, sunglasses and eyeglasses away from the treated site to prevent any infection.
- No makeup should be applied on or immediately around the brow area for at least 72 hours, or preferably not until the scabs have exfoliated. After this time, I recommend the use of mineral makeup.

FOR LIPS

- Lips will tend to be chapped, dry, swollen and you may feel a burning/ dry sensation for a few days.
- Any swelling and redness will usually subside within 48-72 hours. Ice packs protected with a clean cloth may be applied as necessary to reduce swelling.
- If you have a history of cold sores (herpes simplex), your treatment today is very likely to trigger an outbreak. You may use prescribed or over-the-counter cold sore medication for one week before and one week after your treatment. For application, follow the manufacturer's directions.
- If you feel as if a cold sore may be starting to form, try placing an ice cube over the problem area as long as you can bear. This may help to prevent an outbreak.
- Avoid eating citrus, greasy, spicy and salty foods and try to drink through a straw while the lips are healing, or at least for the first 2-3 days.
- Take care when brushing your teeth not to aggravate the lips excessively and avoid getting any toothpaste on your lips for the first week after your procedure.
- No kissing until the surface layer of the lips has healed and exfoliation is complete.
- Do not pick any dried skin. Allow it to flake on its own. Picking may cause infection, scarring and will pull the colour out.
- No makeup should be applied in the lip area for 72 hours after the procedure. After this time, I recommend the use of mineral makeup.
- Laser Hair Removal on the lip line can cause your permanent makeup pigment colour change – it is important to advise your Laser technician that you have had a permanent cosmetics treatment on your lips.

FOR EYES

You may experience the following for 72 hours after treatment:

- Dryness and itchiness in the treated area
- Puffy eyelids

- Eyelashes may stick together, particularly overnight. If this happens, dip a clean cotton bud in boiled and cooled water and gently bathe the treatment area by dabbing gently to soften up any dried excretions. Do not rub!
- Swelling, tenderness, redness or bruising around the eyes. Ice packs protected with a clean cloth may be applied as necessary to reduce any swelling or redness.
- As an alternative to icepacks, boil the kettle and then use the boiled water to dampen fresh / clean cotton pads, taking care to only use a small amount of water and allowing it to cool sufficiently before using to avoid any risk of burning yourself. The pads should not be soaked through; remove any excess fluid by gently pressing the cotton pad. Place the dampened pads in a clean plastic sandwich bag or between 2 layers of cling film, with the pads spread out so that they are not overlapping.

Place the bag / wrapped pads in the freezer for about 15 minutes, just long enough for them to cool but not so long that they freeze.

Place one pad on each closed eye and sit back and relax for 10-15 minutes. The coolness of the pads will help relieve any swelling.

Throw the pads away when finished. If you want to repeat this process, please use fresh / clean cotton pads each time to avoid any risk of cross-contamination and infection.

- After day 7, if you feel that during healing the area is unbearably itchy or dry, you may apply a small amount of coconut oil or shea butter, using a clean cotton bud on each eye to gently apply it, taking care not to apply too much so that it doesn't get into the eye.
- No eye makeup to be applied for 10 days after treatment.
- Do not use any eye creams for 10 days after treatment.

LONG-TERM AFTERCARE

Permanent cosmetics are a low maintenance treatment, not a no maintenance treatment. Following my simple long-term aftercare advice will help to reduce the chances of premature fading.

- In order to keep your PMU looking its best, it is necessary to have a colour boost maintenance procedure approx. every 12-18 months. (This can vary for each individual).
- Exposure to UV light, even on a cloudy day, or through regular use of tanning beds, will prematurely fade your permanent cosmetics, and may cause colours to fade unevenly, leaving an undesired hue. Eyeliner permanent makeup is usually well protected from UV light through the wearing of good quality sunglasses.
- Take care when using moisturisers or skin products that contain glycol, fruity acids or other exfoliating products. These will fade your permanent cosmetics.
- If you are planning a MRI scan or other medical procedure, please inform your doctor that you have had a permanent cosmetics treatment.
- If you are planning on having anti-aging injectables or cosmetic surgery, bear in mind that these procedures could change the look of your facial features.
- Please inform the National Blood Service if you donate blood, as you may not be eligible to give blood for 4 months post procedure.

Thank You

I hope you like the results of your treatment. I would love it if you could take a moment to leave a review by scanning one of the QR codes below. This can help those who may be thinking of having a treatment to decide whether or not to go ahead.



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