



Face Facts, 8996 West Union Hills Dr, Suite 102, Peoria, AZ 85382

### **PERMANENT COSMETICS AFTER CARE INSTRUCTIONS**

Proper care following your procedure is necessary to achieve the best results. Keep in mind that in many cases, some unevenness of color is to be expected. The purpose of the touch-up visit is to correct any color or shape issues. Please review the following directions and refer to them as necessary. If during your healing process you have any questions or concerns, please contact me.

1. Ice packs protected with a cloth or cold tea bags may be applied as necessary to reduce swelling. Sleeping slightly elevated helps alleviate swelling sometimes seen in the morning after facial procedures. **Do not use ice packs on lip procedures.**

2. Wash your hands before touching any treated area. Cotton-tipped applicators should be used to apply aftercare ointment. Do not expose the area to dirty or unsanitary conditions. Wearing glasses outdoors is a good way to protect new eyebrows from dust, etc.

3. Some itching is normal. **DO NOT PICK, PEEL, OR SCRATCH** the treated area or your color may heal unevenly, and you risk scarring and infection.

4. No makeup is to be applied for 72 hours (three days) after the procedure on the tattoo area. After any eyebrow procedure, use new makeup for the first 10 days after the 3 days of no makeup.

5. Do not expose your healing skin to direct shower spray, skin creams, ointments, or lotions other than what you have been instructed to use for at least 3 days following your procedure.

6. Do not expose your healing skin to direct sun, tanning beds, hot tubs, saunas, salt water, chlorinated pools, or extremely hot water for 2 weeks following your procedure.

### **LONG TERM CARE**

1. Use a good sunscreen daily- even lips require protection. Sun exposure will fade your permanent cosmetics and may cause irritation even years later.

2. If you are planning chemical exfoliation, or other medical procedure, please inform your physician of your cosmetic tattoo.

3. If you donate blood, Red Cross policy allows you to donate after permanent cosmetic tattooing in a licensed/regulating clinic.

## **APROXIMATE HEALING SCHEDULE FOR PERMANENT COSMETICS**

### **Eye Brows**

Days 1-2: What you see is about 20-60% darker, bolder, and more solid than what your healed result will present. There may be minimal swelling; however as the eyebrow area typically does not retain much fluid, swelling will be limited. The top layers of skin will begin to shed about day 3-5 and you will see a loss of color. This is normal.

Day 3: Your eyebrows may begin to itch and the pigment may appear somewhat raised. **DON'T SCRATCH THEM!**

Days 4-6: Your skin is now in rapidly exfoliating and if left alone, will shed evenly. The color under the skin will continue to appear light until the epidermis becomes more transparent.

Days 30-40: Your eyebrows have had a full cycle of cellular regeneration in which the tattoo has now become part of the dermis, seen under the epidermis. If you are not 100% happy, call and come in for your touch-up.

### **Eye Liner**

This can vary from slightly puffy to swollen, heavy lids; light sensitive and possibly bloodshot eyes. It's advisable to sleep in an elevated position to help reduce swelling at night.

Day 1: Eyes will be swollen and perhaps a bit 'crusty' upon waking. The swelling will reduce after being in an upright position and from blinking and increased circulation to the area. Avoid heavy lifting, physical exertion, and crying.

Day 2: Eyes will be less swollen, but will feel tight. The lash area will feel sore if touched.

Days 3-4: The top layer of skin will begin to flake off in little stitch looking lines, although some people do not notice the exfoliation. **DO NOT PICK**— you will pull pigment out and end up with uneven color. Blinking helps eliminate the small pieces of pigment and epidermis that has detached. It is important not to pick at it or rub the eyes.

Days 7-9: All shedding should be complete. You are safe to put your face back in the shower spray. During this time, the tattoo may appear to have vanished, this is a normal part of the healing process, and the pigment will re-emerge.

Days 30-40: Pigment, if it faded, should have returned. What you see now is very close to the healed result. If it is not as you like, please wait six weeks and return for a touch-up procedure.

**NOTE:** The outcome of permanent cosmetic procedures is dictated by the canvas (your skin). The better condition your skin is in, the better the final result will be. Very oily, dry, or sun damaged skin can be very difficult to achieve a beautiful even result. Mature clients may need an additional one to two weeks healing for the final results to appear.

The better you take care of your skin and protect it from UV rays, the better the outcome and lifespan of the permanent cosmetics procedures.

Please feel free to call with any questions or concerns.

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