



PREPARING FOR YOUR SERVICE

PERMANENT MAKEUP SERVICES

To prepare for your service:

- Remove any piercings obstructing the area to be treated.
- Do not exercise on the day of your service.
- Avoid caffeine, alcohol, vitamin E, advil and ibuprofen for 24 hours prior.
- Do not take fish oil or CBD oil for 1 week prior.
- Do not have electrolysis, laser hair removal, or any waxing done in the area within 1 week prior in case of burning/irritation.
- Minimize sun exposure and avoid tanning beds/booths for 2 weeks prior (we cannot work on sunburnt skin).
- Do not have botox or fillers done within 2 weeks prior. Lip clients, do not have fillers done within 1 month prior.
- Do not use retinol or retin-a products on the face within 3 weeks prior.
- Take extra precautions 2 weeks prior to ensure there will be no broken skin or lesions in the area to be treated.
- If you are on an aspirin regimen, please consult with your doctor about possibly taking a break for the 2 weeks leading up to each service (initial and touch up). If possible, this will mean a much better healed result. If you're unable to take a break, we can still perform the service, but may have to alter it and cannot guarantee optimal results.
- Do not schedule any spa grade peels within 6 weeks prior.

Lip Clients Only

- If you're concerned with deep wrinkles around the mouth or desire noticeably fuller-looking lips, we highly recommend having fillers done 1+ month prior to your service. Deep lines around the mouth can result in a jagged-looking lip line. And as we do not tattoo outside the

Eyeliner Client Only

- Lash growth serums: You must be "off" prescription serums for 4 weeks prior to your service, and off over-the-counter serums for 2 weeks prior. To protect your investment, do not continue using lash growth serums until 4 weeks after your liner touch up.
- Do not wear contact lenses to your

natural lip line, permanent lip color will not make the lips look significantly fuller.

- In the 3 days prior to your service, you may want to begin a regimen of Anrica tablets (found at Whole Foods) & pineapple. Both of these will help to prevent excess swelling which means a better healed result. These instructions are based on our experience and you should always consult your doctor before using any new vitamins or supplements.
- Clients with medium-deep complexions should anticipate needing 3 sessions to achieve a desirable result. At the second session we will begin by laying down the target color, and at the third session we will be perfect.
- If you have ever had a cold sore, you must partner with your PCP to begin an oral antiviral regimen at least 2 days prior to your service, and plan to continue treatment until 5-7 days after. The trauma to the skin is likely to cause breakouts for those that have experience them in the past, and can even trigger breakouts in those that have never experienced them.

Brow Clients Only

- Brow growth serum. You must be “off” prescription serums for 4 weeks prior to your service, and off over-the-counter serums for 2 weeks prior. To protect your investment, do not continue using brow growth serums until 4 weeks after your touchup.

appointment.

- In the 3 days prior to your service, you may want to begin a regimen of Anrica tablets (found at Whole Foods) & pineapple. Both of these will help to prevent excess swelling which means a better healed result. These instructions are based on our experience and you should always consult your doctor before using any new vitamins or supplements.
- If you wear lash extensions, they must be removed. If you plan to have them chemically removed, please do so 3 weeks prior to your service. If you plan to have them removed manually, or remove them at home with oil, they can be fully removed no less than 1 week prior to your service. Note: oil removal at home can take quite a few nights of repeated soaking to remove all extensions. To protect your investment, keep extensions off until at least 3 weeks after your touchup.
- If you are not certain that you can stay relaxed and in control of your eye movements throughout your service (no squinting, squeezing, fluttering, or opening unexpectedly) you may want to partner with your PCP to discuss an anxiety-reduction plan for the day of your service. The risks of permanent eyeliner services are magnified when clients cannot relax, and your safety is our number one priority.



Permanent Makeup Services

MEDICAL CONTRAINDICATIONS THAT WILL REQUIRE A DOCTOR'S NOTE:

- Epilepsy
- Diabetes
- Current or completed chemotherapy treatments (within the last 2 years)
- Artificial heart valves
- Heart, blood, and/or liver disorders/diseases

MEDICAL CONTRAINDICATIONS THAT WILL PREVENT US FROM PERFORMING YOUR SERVICE:

- Allergies to dyes and/or numbing agents: Please make us aware of any allergies upon booking.
- Uncontrolled hemophilia
- HIV/AIDS, hepatitis, lupus, any immune disease/disorder, active staph/mrsa infections, and uncontrolled blood pressure issues: We do not anticipate desirable healed results when any of these concerns are present, and we cannot ensure that this will be a safe procedure for those with compromised immune systems.
- Acutane usage within the last year: The skin will be too thin/delicate to achieve a desirable healed result.
- Current antibiotic or steroid use,
- Active psoriasis/eczema breakouts within 1" of the area to be treated.
- History of keloid scarring after even minor injuries.
- Over-filled lips (lip clients only): The risk of pigment migrating under the skin is too high
- Pregnancy and/or breastfeeding: As tattoo inks/pigments are not regulated by the FDA, we cannot assume responsibility for the effects that they may have on non-consenting minors. Additionally, anytime the skin is broken, there is a risk of infection. I cannot risk the transmission of a infection to an unborn or newborn baby. And finally, I cannot use numbing agents on pregnant/ breastfeeding clients. Numbing agents not only make these services comfortable, but are typically necessary for us to create the best work possible. If any contraindications listed above prevent you from getting your service done on the day of, a cancellation fee must be processed, so please be sure to read this page thoroughly, and reach out with any questions right away. Additionally, if you choose not to follow through with your service after arriving for any reason, a cancellation fee must be processed.



Permanent Makeup Services Aftercare

Brows

Starting right away, cleanse the area with Dial hand soap, pat dry with a clean paper towel, and apply a thin amount of Aquaphor twice daily, until peeling begins or until day 5 (whichever comes first). The size of one grain of rice is enough to coat both brows.

During the first 7 days or until the peeling is totally done (whichever comes LATER), avoid:

touching/picking/itching, applying skincare, tanning beds/booths, saunas, sun exposure, steam, excessive sweating, tanning beds/booths. Expect your brows to appear red, swollen, defined, darker, and warmer in the first few days. They may begin peeling on days 3-6, but should not scab. No picking! In the event of scabbing, discontinue using your ointment.

After day 5, keep in mind that the following will fade your brows over time: sun exposure without SPF, retinol/acids within 1" of the area, and any skincare products meant to brighten or resurface within 1" of the area.

Brows may fade drastically after peeling and "reappear" at any point up to the 6 week mark: be patient. If your brows are still peeling on day 5, continue using your ointment until they are done.

5-7 weeks: This second visit is needed to correct anything that may have healed improperly. Your aftercare will be the same after that session, but the session itself will be much quicker. We can also adjust the color at the appointment if needed, but reshaping is not a part of a standard touchup. For your safety, DO NOT attempt to alter your own brows, or follow a different aftercare routine.



Permanent Makeup Services Aftercare

Lips

Days 1-7: Lips will appear fuller and darker through the first few days. Swelling and tenderness is normal, as is light bruising. As needed, blot lips gently with a damp paper towel and reapply ointment. Only use the ointment recommended by your artist. Don't be afraid to reapply as often as necessary.

At some point between days 3 and 7, the lips will crack and begin to peel like a sunburn. Continue applying ointment as needed, and be sure not to peel them prematurely. Until peeling is totally done, avoid: picking/scratching, excessive stretching/rubbing, smoking, dental appointments, teeth whitening, topical cold sore medication, sleeping on the face, makeup/skincare applied within 1" of the area, acidic foods/drinks, sexual contact, swimming, excessive direct sunlight, saunas, steam rooms, tanning beds/booths, excessive steam or sweating, spray tans, soaking the lips or hitting them with a direct stream of water. If you have any symptoms of a cold sore, please contact us and your primary care doctor ASAP.

After day 7: The color will continue to evolve until week 5. The final result can not be judged until that time. If you feel that the color is a bit too light right after the peeling, just be patient through the process. The color will bloom again. To protect your investment, keep all retinols/acids/exfoliators at least 1" away from the lips, and always wear SPF directly on them when you're out in the sun.



MEDICAL AESTHETICS

HINGHAM | EASTON | MILTON

Permanent Makeup Services Aftercare

Eyeliner

Beginning the night after your service, cleanse and moisturize twice daily **ONLY** with the skincare products recommended by your artist, for 5 days. Note that alternate skincare products used within 1" of the freckled area may lead to poorly healed results. Do not wear any makeup within 1' of the area. Also avoid rubbing, picking excessive steam, sweating, tanning beds/booths, sun, swimming, and spray tans Mild scabbing is not abnormal. Your freckles will be significantly lighter after they have each peeled.

As of day 6, you can resume your normal skincare/makeup routine. In the long run, the following may decrease the life of your freckles. sun exposure without SPF, retinols/acids within 1" of the area, and any skincare products meant to brighten or resurface within 1" of the area



MEDICAL AESTHETICS

HINGHAM | EASTON | MILTON

Permanent Makeup Services Aftercare

Freckles

Beginning the night after your service, cleanse and moisturize twice daily **ONLY** with the skincare products recommended by your artist, for 5 days. Note that alternate skincare products used within 1" of the freckled area may lead to poorly healed results. Do not wear any makeup within 1' of the area. Also avoid rubbing, picking excessive steam, sweating, tanning beds/booths, sun, swimming, and spray tans. Mild scabbing is not abnormal. Your freckles will be significantly lighter after they have each peeled.

As of day 6, you can resume your normal skincare/makeup routine. In the long run, the following may decrease the life of your freckles: sun exposure without SPF, retinols/acids within 1" of the area, and any skincare products meant to brighten or resurface within 1" of the area.



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Permanent Makeup Services Aftercare

Areola Repigmentation

Wear the same Tegaderm for 7 days after procedure.

Shower with Tegaderm on.

Do not submerge in water (bath, pool, ocean, hot tub, etc.) for 14 days.

Do not workout or sweat for 48 hours.

On Day 7: Remove Tegaderm, get in shower, clean with gentle soap (ex. Dial, Dove, Cetaphil), water, and fingertips.

After the shower, sit topless and let air dry for 1 hour.



MEDICAL AESTHETICS

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Permanent Makeup Services Aftercare

Removal of Permanent Makeup/Brows

For the first 48 hours, do not allow the area to get wet at all (consider water, steam, sweat, etc.). At the 48h mark, apply Cavilon to the brows once. This one application lasts 3-4 days, and is very important. After that application, you can introduce water to the area as sparingly as possible, but you should not deliberately wash or wet it.

It's important for fluid to naturally build up on the area so that a scab can form. The skin may appear pink/red while the scab forms; this is normal. From the time of your appointment until the scabbing sheds naturally, no makeup or skincare should go within 1' of the area. In this time you should also avoid touching/rubbing/picking, applying any type of balm/ointment/hydration, covering the area, soaking the area, a constant/direct shower stream, swimming, saunas, hot tubs, tanning beds/booths, and intense exercise. Once the scab has fallen off on its own, you must begin applying a high-quality vitamin e oil or ointment 5x daily. No other creams or chemicals should be applied within 1' of the area during this time. Keeping up with this vitamin e routine for a minimum of 4 weeks will reduce the risk of scarring or discoloration. The skin may appear pink or discolored for up to 2 months before returning to its original shade. In some cases, this discoloration can persist for up to 6 months. Saline removal is a process, not a fast-track

Lightening/removing an unwanted tattoo takes an average of 3- 6 sessions, depending on size, depth, & pigment, among other factors. In the rare event of increasing discomfort during the healing process, increasing redness and swelling, unusual discharge, or any other signs of infection, please contact us.