



## CARE INSTRUCTIONS and CHECKLISTS

### Brow Stain After Care

- Keep the brows dry for 24 hours after application to achieve a long-lasting effect.
- Avoid using makeup and facial cleansers and exfoliants around the brow area to maintain longer lasting results.
- Avoid prolonged exposure to direct sunlight, the use of sunbeds, saunas, steam rooms, and swimming pools.

### Powder Brow Pre Care

- You may fill in your eyebrows as you normally would so I can take into consideration the shape you desire.
- If you regularly get your eyebrows shaped, waxed, threaded or tinted, or tweezed, please do so at least 2 weeks before (and after) your appointment, or leave brows as they are! Any stray hairs can be cleaned up with a brow razor or tweezers at your appointment
- If you have been on prescription Accutane in the past, you must wait at least one year before considering this procedure.
- You must stop using any exfoliating/anti-aging and anti acne products (Retinol, Retinoids, Glycolics, Vitamin C, AHA/BHA, Enzyme washes, serums, etc) near and around the brow area at least 2 weeks prior to your appointment and avoid using it for the 2 weeks following your appointment for best healed results.
- If you get Botox regularly please get that done no less than 4 weeks before or after your appointment. This is to ensure we can make your brows as symmetrical as possible.
- Avoid chemical peels at least 4 weeks prior to and after to your appointment.
- Avoid direct sun exposure and tanning for 2 weeks before and after your procedure. Do not come to your appointment with a sunburn or dry or irritated skin. In this case, contact Jessie at least 48 hours prior to your appointment to reschedule.
- Avoid heavy workout the day of your appointment
- Avoid alcohol, ibuprofen, fish oil, vitamin E, or any blood thinning medication, hers, or supplements 48 hours prior to your appointment.
- Avoid caffeine 24 hrs ahead of your appointment
- If you plan to go on a vacation, it is recommended to plan your trip a minimum of 10 days after the procedure due to the aftercare maintenance.

### POWDER BROW AFTERCARE

Be diligent with aftercare.

It will play a large role in determining the quality of your results!

I will give you a postcare bag of everything you need to use during the healing phase.

- \* blot brows every half hour for 2 hours after appt to prevent lymph from drying
- \* after 2 hours, rinse brows w mild cleanser + water
- \* blot dry with a clean paper towel daily to keep brows free from natural oils(oily/combo skin blot 6-8 times per day, dry skin blot 2 times per day)
- \* apply a thin layer of aftercare balm to brows

- \* apply recommended aftercare as needed to keep moisturized
- \*Brows should dry heal for next 10 days
- \*No sweat or moisture, no exercising
- \* no sun, pool, jacuzzi, lakes, or long, hot showers, etc
- \* use clean pillowcase & keep brows off pillowcase
- \* keep your brows clean, dry, and moisturized with recommended aftercare
- \* repeat the washing process 2-3 times a day for 7-10 days  
(gently wash • gently blot dry • +light aftercare)
- \* do not sweat!
- \* no makeup on brows until healed
- \* do not pick, scratch, or peel!

### **WHAT TO EXPECT (POWDER BROWS)**

Brows may appear reddish and/or dark/bold in color for the first week. This is temporary. Once the tattoo has peeled, it may appear lighter as if you never had a tattoo. The color will slowly bloom back to the surface over the course of healing. Final results will appear between week 4-6. Then it is touch up time!

At the second appointment, we will assess your results and retention and make any necessary adjustments to ensure the color, shape and texture look as desired. You will follow the same pre and post care for the second session.

## **LIP BLUSH CARE**

### **LIP BLUSH PRE CARE INSTRUCTIONS/CHECKLIST**

30 days before:

- avoid botox and fillers around the lip area
- avoid glycolic peels, resurfacing, lasers, chemical peels, microderm, etc on the face
- avoid antibiotics for 2 months prior
- Avoid Retinoids and anti aging/anti acne creams and serums (Retinoids, Retin A, Retinol, Glycolics, Vitamin C, AHA/BHA, Enzyme washes, serums, etc)
- Begin moisturizing lips daily with a good balm and with an overnight mask and hydrate hydrate hydrate by drinking lots of water leading up to your appointment. If your lips are chapped or cracked I will not be able to perform the procedure.

2 weeks before:

- Avoid all facials, bleaching treatments, or waxing around the lip area
- Avoid extensive sun exposure and sunburn on the face

1 week before:

- Avoid all blood thinners in medications, food, herbs and supplements such as Advil, Motrin, Ibuprofen, Naproxen (Tylenol is ok to consume)
- Avoid fish oil, cayenne pepper, ginger, garlic, turmeric, DHA supplements, vitamin e and Niacin. Google search common blood thinners and set an alarm to remember to avoid these)
- Avoid marijuana and cigarette smoking and vaping.
- \*\*\*If any of these above are taken for medical purposes please consult with a doctor prior to your appointment

5 days before:

If you are prone to any type of cold sore (herpes simplex virus) or you may have the herpes simplex virus that lies dormant in your system, this procedure could cause an outbreak. It is best to consult with your doctor and upon your doctor's recommendation, take a prescribed antiviral medication such as Acyclovir, Zovirax, or Valtrex before, during and after your lip blush procedure to help prevent or lessen the severity of an outbreak.

2 days before:

Avoid alcohol (especially red wine)

Gently exfoliate your lips 2 days prior 2x/day (you can use sugar and coconut oil mixture as a natural exfoliant and gently massage in light circles for 30 seconds. Follow up with balm or mask. \*Stay hydrated and drink plenty of water. If your lips are too dry or irritated on procedure day, we will have to reschedule.

1 day before:

Avoid caffeine and decaf products (decaf still contains some caffeine) and this can cause excessive bleeding

Day of procedure:

- Avoid intense physical activity (light walking or gentle yoga is ok)
- You can wear your normal makeup on the day of
- Feel free to bring your favorite lip color or photo inspo with you for reference
- Text Jessie to let her know when you have arrived to your appointment

I will give you a post care kit of everything you need to use during the healing phase. You will use the moisturizer I give you for 7 days and then may use any approved ointment referenced from the FAQs page. Only use this on your lips and gently apply a thin layer with a q-tip so your lip skin can still breathe,

- **Immediately After:**

- **The area will feel a bit sore and will look quite intense and bold. There may be some swelling and minor bruising that only lasts for 1-2 days.**
- The next day, the color of the tattoo will darken as scabs begin to form, there may still be some swelling or minor bruising
- The scab will fall off within 3-10 days depending on your skin and the procedure you had done ●

- **The day of treatment:**

- Lymph, a clear, sometimes yellow fluid will leak from the tattoo to form scabs. You do not want these fluids to sit on your tattoo and form these scabs. You will want to wipe your tattoo every 30 minutes for 5 hours with a damp cotton round or antiseptic wipe and pat the area dry to ensure no fluids sit and form scabs. Don't be alarmed if some color comes off on the gauze or cotton round, Keep applying ointment. You may ice the skin if it is feeling tender or swollen after the procedure. Wrap an ice pack or a ziplock of ice in a napkin and place on the area off and on and/or you may take an arnica dissolving tablet to reduce swelling.

- **Day 2-10**

- Lips still may be slightly swollen and sore at first
- Color will darken day 2 but will remain bold and lipstick like
- Do not touch your tattoo with dirty fingers, remember it is an opened and healing wound. An infection could possibly ruin the tattoo.
- Refrain from soaking your lips in water for a week and avoid applying makeup until healed. ● Be careful when brushing your teeth not to touch the paste and water to your new tattoo pigment ● Eat carefully, small bites, and try not to touch or smudge your lips.
- Alcohol, hot and colorful drinks are only allowed when consumed through a straw ● Don't get your tattoo too wet for too long. It will make the scabs soggy and easier to fall off prematurely. Remember, you want to keep the scabs on for as long as you can, let them fall off naturally.
- Moisturize with the recommended or provided ointment. For eyes and eyebrows only put a very sheer layer on at nighttime. For lips, moisturize as often as you like. If your skin is naturally oily let eyeliner and eyebrows heal without any ointment and remember to pat dry throughout the day with a napkin.

- Do not sleep on your face to avoid lifting your scabs prematurely and make sure you're sleeping on a clean pillowcase to avoid infection.
- Avoid harsh cleansers, creams, makeup, or any other products on the treated area until all the scabs have naturally fallen off. These things can jeopardize the healing of the tattoo. • Don't pick, scratch or bite off the scabs. Let the scabs fall off naturally. Picking can cause scarring, loss of pigment, or an infection.
- Do not expose your tattoo to UV rays or tanning beds for 4 weeks after the procedure. These things can alter the appearance of your tattoo dramatically.
- Do not sweat on the tattoo until all the scabs have come off naturally. Sweat will take the pigment from your tattoo. If you do sweat on them, dab it off immediately.
- Avoid saunas, swimming pools, excessive sweating and sunbathing as your lips may lose color or get hyperpigmentation  
Do not get any facials, Botox, chemical treatments and microdermabrasion for 4 weeks post appointment date.
- **After Scabbing Phase:**
- Once the scabs have completely fallen off, you may apply makeup over the area and return back to your normal routine. Note that after the scabs come off your tattoo may have a milky/gray hue to it. This just means that the surface skin is healed but the underneath layers still need time to heal. The complete healing process takes 6 weeks. At 6 weeks the true and final color of the tattoo will show. It is only after 6 weeks that a touchup to the tattoo can be done. • Please note that your tattoo will be softer and not as crisp when healed.
- Note that results will vary with each individual and are extremely dependent on your skin and how you care for it during healing. It may take more than one session to achieve your desired result. •

#### **Once Fully Healed:**

- It is strongly recommended that you do not use any of the following on your tattoo: Benzoyl Peroxide, Hydrogen Peroxide, Glycolic acid, Apple cider vinegar, Vitamin E and C, and Retinol. These products can lighten or fade your tattoo faster. We also recommend wearing sunscreen as the UV rays will deteriorate the pigment and lighten or fade the tattoo faster as well. Salt water and chlorine can also deteriorate the pigment faster as well. Rinse with water after contact.
- If you are having any laser or facial beauty treatments please inform your technician before procedures that you have a permanent makeup tattoo.
- This treatment does fade after 1-3 years depending on your skin and lifestyle. Touch-ups are necessary to maintain the longevity and overall beauty of your tattoo. If you have oily skin, an iron deficiency, or a very strong immune system, your pigment will not last as long and will not heal as crisp as others.
- Coverup works may need additional appointments to have better results as it is possible that the "coverup" tattoo may not completely cover the old one. Note that Tess only does coverups for eyeliner procedures.

#### **Lips will go through 4 phases over healing**

**1st Phase: "looks too dark" About 3 days of lipstick look with chapping day 1-3**

**2nd Phase: "Peeling" days 3-6**

**3rd Phase: "looks too light": Frosty and loss of color days 4-13**

**4th Phase: "Looks just right" "Blooming" days 14-28**

#### **LIP BLUSH AFTERCARE**

- \* wash your lips before bed with recommended cleanser
- \* blot dry with a clean paper towel apply a thin layer of recommended aftercare balm to lips
- \* wash at least 3 times a day, and apply the balm frequently to avoid lips drying out \*
- repeat for 5-7 days, or until healed
- \* apply sunscreen daily once healed to protect pigment

- \* no application of other lip makeup for 7 days
- \* no licking, biting, kissing or scratching lips while they heal.
- \* no foreign body fluids around lips for 5 days
- \* no spicy foods or alcohol for a day. ouch!
- \* no sweating for 5 days
- \* no swimming, hot tubs or other bodies of water for 5 days
- \* no UV exposure for 7 days
- \* no exfoliants or acids for 30 days
- \* no facials or skin treatments for 7 days

## **Precare and Aftercare for Lash line Enhancement**

### **LASH LINE PRE-CARE:**

**Avoid Blood Thinners:** Refrain from taking blood-thinning medications, aspirin, or consuming alcoholic beverages 24-48 hours before the procedure to reduce the risk of excessive bleeding. Do not schedule during menstrual cycle as this can cause excessive bleeding and sensitivity.

**No Makeup:** Arrive with clean eyes, free of mascara, eyeliner, or any other eye makeup.

**Avoid Eyelash Curlers:** Do not curl your lashes for at least 48 hours before the procedure.

**Contact Lenses:** If you wear contact lenses, please wear your glasses instead on the day of the procedure. Contacts can be reinserted the day after the procedure.

**Eyelash Extensions:** If you have eyelash extensions, they should be removed at least 48 hours prior to your appointment.

**Avoid Stimulants:** No caffeine intake for 24 hrs prior to the day of the procedure as stimulants can increase sensitivity.

Please take a month long break from any exfoliating, anti-aging/anti-acne products (retinoids, retinols, glycolics, vitamin c, AHA/BHA, enzyme washes, serums)

Please take a break from any treatments such as lasers, peels, tinting, perming, etc 2 weeks prior or 2 weeks after your appointment

**Stay Hydrated:** Drink plenty of water in the days leading up to the procedure; hydrated skin often retains pigment better.

### **LASH LINE AFTER-CARE:**

**Avoid Touching:** Refrain from touching or rubbing your eyes while they are healing to prevent infections or the spread of bacteria.

**No Water:** Keep the treated area dry for at least 48 hours after the procedure. This means avoiding direct water on the eyes during showers and no swimming.

**No Eye Makeup:** Avoid using mascara, eyeliner, or any eye makeup for at least 7 days or until full recovery.

**Avoid Sun and UV Rays:** Stay away from direct sunlight and tanning beds for at least two weeks after the procedure. When going outdoors, wear sunglasses to protect the treated area.

No Scratching: The treated area may become itchy, but it's crucial not to scratch, rub, or pick at it as this can cause scarring and pigment loss.

Avoid Sweating: Refrain from activities that cause excessive sweating, like heavy workouts, for at least 48 hours after the procedure.

Contact Lenses: Wait at least 72 hours after the procedure before reinserting contact lenses.

Avoid Irritants: Keep away from saunas, steam rooms, and any products containing acids or retinoids near the treated area for at least a week.

Don't get lash extensions or put on falsies until your eyelash enhancement is fully healed (2 weeks)

### **LASHLINE TIMELINE/CHECKLIST:**

#### **30 DAYS BEFORE PROCEDURE:**

- Avoid Botox and fillers around the eye area.
- Avoid Glycolic acid, chemical peels, and laser treatments on the face
- Avoid Retinols and anti-aging creams eg. Retin A
- Avoid any lash enhancement serums eg. Latisse because it brings extra circulation to the lash line area which can cause the skin to be hypersensitive and bleed easily.

#### **2 WEEKS BEFORE PROCEDURE:**

- Avoid extensive sun exposure and sunburn on the face

#### **1 WEEK BEFORE PROCEDURE:**

- Avoid Motrin, Advil, Ibuprofen, Naproxen (Tylenol/Acetaminophen is ok to consume) Avoid fish oils, DHA supplements, cayenne supplements, turmeric, vitamin e, niacin (or anything that can cause blood thinning) Avoid marijuana and smoking \*\*\*If any of the above are taken for medical purposes, please consult with your physician.
- Avoid sun tanning

#### **1-3 DAYS BEFORE YOUR PROCEDURE:**

- Avoid alcohol (especially red wine)
- Avoid coffee or tea (1/2 cup is ok, drink decaffeinated) or excessive amounts of caffeine
- No eyelash perm and/or tinting
- Professionally remove any lash extensions

#### **DAY OF PROCEDURE:**

- Avoid intense physical activity (light yoga and walking are ok)
- Do not wear any eye makeup on the day of your appointment
- If you wear contact lenses, please wear glasses on the day of your appointment

\*\*\* Please Note: You will be more sensitive during your menstrual cycle so avoid any permanent makeup during this time.

### **LASHLINE ENHANCEMENT POSTCARE INSTRUCTIONS**

\*\*\*Postcare may be subject to change.

I will give you a postcare bag of everything you need to use during the healing phase.

## Day 1-7:

Pat your eyeliner with a dry or slightly damp clean cotton round or gauze provided every 30 minutes for the first 3 hrs after the treatment or until bedtime to soak up any lymph fluid that can come to the surface. This lymph fluid is clear, sometimes yellowish in color, and can dry and create scabs. This can affect how well the pigment is retained in the skin if the lymph builds up and dries on top of your tattoo. Make sure to use the visors I give you in the shower to prevent the eyes from getting wet.

I recommend a week long dry heal. Avoid any water on the lash line until any dry skin peels off completely. Makeup wipes or washcloths are encouraged to use at this time, to avoid touching the tattooed area, instead of soaking the whole face. Apply a thin layer of your aftercare ointments with an applicator, daily as needed.

## Important Reminders:

DO NOT touch rub, pick, or scratch the treated area. Let any scabbing or dry skin naturally fall off.

keep the treated area dry for at least 48 hours

If you should experience swelling, an ice pack may be applied using a thin protective barrier such as a paper towel. Icing is most effective in the first 24 hours following the procedure. Do not apply makeup, mascara, makeup remover, face cleansers, creams, serums, moisturizers or washcloths on or near the tattooed area for 7 days or until the scabs fall off.

Purchase new makeup or mascara to avoid contamination or bacterial infection. Do not wear contact lenses for 72 hours following the procedure. It is recommended to use glasses, sunglasses and hats to protect the eyes from direct sun when outside

Avoid intense sweating exercise, salt water, chlorine, swimming, hot tubs, sauna, and steam room for 7 days or until the scabs fall off

Avoid long, hot steamy showers keeping your face out of the water while showering for 7 days or until the scabs fall off (you can use the face shields provided)

No facials, botox, harsh cleansers, physical or chemical exfoliants, direct sun exposure, and tanning for 4 weeks following the procedure

Avoid sleeping on your face for 7 days or until the scabs fall off (I know this is extremely hard to do) and always use a clean pillowcase.

Try to sleep 7+ hours/night with the head more elevated to prevent increased swelling

Exercising the eyes can help reduce swelling and puffiness. Try blinking actively for 2 minutes in the morning

Reapply a thin layer the recommended ointment throughout to promote healing

## What To Expect During The Healing Phase:

Day 1-2: The lash line enhancement will become 2-3 times darker in color, appear thicker in size, and can also look uneven in shape due to swelling. • Swelling, puffiness, redness, and slight stinging or itchiness is normal for the first few days and shouldn't affect normal day to day activities.

Day 3-7: The lash line enhancement will still be dark and will begin the scabbing phase. As scabs begin to fall off, the area under the scab will appear light or almost as if there is no color there. This is normal and to be expected. DO NOT pick the scabs.

Day 7: The lash line enhancement will appear patchier and lightest in color. Color results will appear between weeks 3-6. Be patient! You can resume your normal activities after day 7 but treat with TLC.

Day 7-week 6: Color will start reappearing and darkening in color. Skin will appear fully healed in weeks 2-3 but it is NOT fully healed underneath. Skin type and client age determine how long the lash line enhancement will take to fully heal. The younger the skin, the quickest it can heal is in 4 weeks. The more mature skin, it can take as long as 6-8 weeks to be completely healed. Once healed, it is normal if there are spotty areas of pigment in places and the color can fade approximately 30-50% lighter when the scabs fall off. This is completely normal. Do not feel discouraged if the fading is more than you expected.



To achieve the best results, we need to see how your skin accepts the initial application. Because of this, it is highly recommended to have a touch-up 6-8 weeks following the initial procedure to perfect the shade and shape.

\*\*\*Any eyeshadow or eyeliner makeup used will make the color appear different. If desired, keep the eye line area free of makeup to reveal the true permanent makeup pigment color

### **Precare for Cheek Blush/Cheek Tint**

Take a break from vitamin c serums, retinoids, and glycolic treatments for at least 2 weeks prior to the session and 2 weeks after for best healed results.

Do not drink alcohol or take blood thinning medication 24 hours before appointment. No caffeine intake the day of the tattoo.

Skin should be healthy, non-irritated, blemish and sun burn-free for best results.

Botox should be done 4 weeks prior or 4 weeks after appointment.

Please wait 1 year after using Acutane to tattoo.

Laser treatments must be done 4 weeks before or 4 weeks after the appointment.

### **CHEEK TINT AFTERCARE**

Immediately after the tattoo, the colour is bright and slightly saturated. Within 48 hours the colour will reduce and start to go slightly darker.

On days 2-3 expect to notice dry skin on the area. Some peeling may occur but its very mild. Days 4-5

the pigment will reduce in colour and you will see a lighter version of the tattoo under the skin.

The healed results will appear at the 2 week mark and the colour would have fully blossomed. After the tattoo has fully healed you can book for the touch-up if required.

- Absolutely no cosmetics on the cheeks for at least 7-10 days.
  - You may wash your face daily with a mild facial cleanser.
  - When the dry stage begins you can apply a very thin layer of unscented gentle moisturizer. ■
- No heavy exercising for 3-5 days after the procedure.
- Do not pick or exfoliate during healing process.
  - No pools or saunas during the healing process.
  - Please take a break from vitamin c serums, retinoids, and glycolic treatments, at least 2 weeks prior to your session and 2 weeks after for best healed results. Remember when you begin to use these products again that it can break down your tattoo and pre maturely lighten and shorten the lifespan of the tattoo.

### **Freckle Pre Care**

Prepare for your faux freckle treatment with these simple steps:

1. Come with a clean, makeup-free face
2. No sauna or tanning one week prior
3. You cannot be pregnant or breastfeeding
4. No alcohol 24 hours before your appointment
5. No minors allowed at appointments (18+)



6. Come with clean skin and no heavy creams or sunscreen day of
7. No working out the day of
8. No caffeine on the day of
9. No blood thinners or painkillers
10. Discontinue the use of fish oil at least one week prior
11. No filler or injections three weeks before the procedure
12. No deep exfoliation two weeks before the treatment (ex., chemical peel)
13. No retinol products, acne treatments, or salicylic acid four weeks prior
14. No antibiotics two months prior

#### **FRECKLE AFTERCARE:**

- \* repeat the washing process 2-3 times a day for 7 days  
(gently wash • gently blot dry • light aftercare)
- \* apply recommended aftercare as needed to keep moisturized
  - \* no sun, pool, jacuzzi, lakes, or long, hot showers, etc
  - \* no makeup on freckles until scabs fall off
  - \* do not pick, scratch, or peel!
  - \* no UV exposure for 7 days
  - \* no exfoliants or acids for 30 days
  - \* no facials or skin treatments for 30 days