

PREPARE

ALL PROCEDURES

1. Scheduling should be only after **complete** healing from any surgery or invasive procedure and you must not be pregnant.
2. After 1 year of ceasing treatment on any medication with Isotretinoin (Claravis, Sotret, Myorisan, Amnesteem, Absorica, Accutane, Zenatane)
3. 4 weeks after Botox, fillers, facial peels, tanning or sunburns
4. 4 weeks after ceasing chemotherapy or the use of cytotoxic antineoplastic agents
5. You do not have to stop using immunosuppressive medication however keep in mind that while on it, it can prolong healing which means you need to be even more diligent in accurately taking care of your procedure/s as there is an increased risk of pigment loss and infection,
6. If you are Diabetic, after getting your HBA1C in a good range
7. Skin is completely free of tinted or fake tan lotions

1 Week Prior

1. Scheduling is recommended to be at least 48 hours after end of menstrual cycle or 7 days prior
2. No Electrolysis on area to be tattooed
3. To reduce swelling and possible bruising: No aspirin, ibuprofen, NSAIDs, blood thinners/ anticoagulants, Vitamin E, fish oil, omega, acne medication or medication with Tretinoin, medication that makes you sensitive to the sun, antibiotics, hormone supplementation, corticosteroids or anabolic steroids.
4. Tylenol & Benadryl are okay to take prior and during procedure.

48 Hours Prior

1. No recreational drug use or alcohol 48 hours prior to procedure
2. No waxing or dye 48 hours prior.

Day Before/Of

1. No diet pills recommended 24 hours prior and no caffeine or smoking recommended 6 hours prior. All of the before mentioned can dehydrate, increase blood pressure, increase sensitivity and negatively affect the condition of the skin which can lead to poor healing and color loss.
2. Please do not schedule anything for after your procedure in case the session runs longer than expected or in the event that you require downtime before leaving due to swelling or any other circumstance.
3. Please wear your makeup to the procedure and bring your typical brow, liner, lip color for color matching.
4. Benadryl or Zantac can be taken 30 minutes before procedure and daily to decrease swelling while healing.

Lip Procedures

1. If you get cold sores:

Prescription medication should be taken 3 days prior to procedure and 7 days during healing.
Non-prescription 1000 mg L-lysine can be taken daily 10 days prior and during healing (make sure no interference with other medications)
2. Must be healed and free of any sores for at least 7 days prior to procedure

Eye Liner Procedures

1. No lash serums 7 days prior to procedure and discontinue until healed. False lashes & lash extensions must be removed until healed.
2. Contacts will be asked to be taken out prior to procedure the day of and I **highly recommended** that you only wear glasses until 7 days after healing. If this is not possible, contacts may be put back in the following day at your own risk.
3. A friend may wait in the lobby during your procedure and take you home if you feel you are not able to drive after due to swelling.