

# Pre and Post treatment Instructions

Do not PANIC it will lighten!

## Pre-treatment Instructions for all procedures

1. Do not take Ibuprofen or Aspirin. Tylenol or other non-aspirin pain relievers may be taken one hour prior to procedure.

## Post Treatment instructions for all procedures:

1. We recommend that icepacks be applied for 10-15 minutes each hour for the first 24 hours following the procedure, except at bedtime. It is important to place a clean tissue paper between the ice bag and the skin to prevent frostbite. The ice is used to minimize swelling and provide comfort. After the first 24 hours the use of ice is no longer beneficial. Do not take aspirin, as this promotes bleeding at the micro pigmentation sites. Tylenol is recommended for temporary pain relief.

2. Normal activity can be resumed immediately. We would recommend that heavy exercise such as aerobic dancing, weight lifting etc. be delayed for approximately two or three days following the procedure.

3. Fading or loss of pigment may occur. Some flaking off of the pigment may occur on some skin types. Do not be alarmed it is normal. There should be pigment under the skin where the surface pigment has flaked off. If there is no pigment there, then a touch up will be needed.

4. Judgment of your final result should be deferred until one month following the procedure. The intensity of the color is most prominent following the procedure itself. Over the next two or three weeks the pigment intensity will lighten by 30 to 50%. If after one month you feel that certain modifications in the pigmentation need to be made we will be happy to discuss this with you. If you have any further questions or concerns please contact our office at any time.

## Special Instructions;

### Eyeliner:

1. Relief from excessively watery eyes during procedure may be somewhat relieved by taking an antihistamine such as Benadryl one hour before the procedure.

2. We recommend for eyeliner procedures that artificial tears be used every one to two hours. In addition to these eye drops a steroid eye drop may be prescribed as well. At bedtime the ophthalmic ointment such as Vaseline given to you after the procedure to prevent infection and minimize crusting.

3. You should expect a certain amount of matting around the eye lashes in the morning swelling of the swelling and or bruising around the eyelid margins. Some pigment and blood-tinged tears may be expected to flake off from the lid margin during the first post procedural day and may be carefully dabbed with a clean tissue.

4. Under no circumstances should you pick, scratch or rub the eyelid margins or make any attempt to remove the crusty material along the eyelashes. Removal of the crusts may result in removal of the actual pigment.

5. It is permissible to clean around the eyelids following eyeliner procedure with clean cotton ball soaked in warm water, but under no circumstances should the water come in contact with the eyelashes. Baths showers and swimming are permitted as long as the face does not become wet. After two weeks or after the pigment

scabs over (whichever comes first) the patient may resume all regular activities involving swimming and bathing.

6. If marked bruising is present, concealer or foundation may be used. Eye shadow may be used on the second day, however under no circumstances should the eye shadow powder come in contact with the eyelashes. Mascara and eyeliner are not permitted for the first two weeks or until the pigment scabs over. After this time all regular makeup can be resumed without fear.

7. Do not wear contact lenses during the procedure. Contact lenses may be resumed usually in two or three days; however, an eye doctor should give final clearance.

8. For the first 25 to 48 hours, it is not unusual to experience some light sensitivity, and the use of dark sunglasses is permitted and recommended. We recommend wearing sunglasses for the first week following micro pigmentation, sunbathing of the face is permitted only with the use of protective sunglasses.

### **Lips:**

If you have ever broken out with a cold sore at anytime of your life, that means you carry a herpes virus which can sometimes manifest itself in the form of a fever blister. Fever blisters may occur on the lips following lip procedures in individuals prone to the problem. In order to prevent this, you should obtain a prescription for Zorvirax and take as prescribed by your doctor (usually 2 weeks prior to procedure). L-Lysine, an over the counter amino acid may also be taken in order to help avoid this outbreak.

### **Scar Camouflage:**

It is important to understand that once an exact match is made for scar camouflage a suntan or sunburn in that area will once again cause a difference to appear between the camouflaged area and the skin surrounding it. The camouflaged area will not tan along with the rest of the skin. It will remain the color that is camouflaged. The tanned area around it will be darker. In order to avoid this, the camouflaged area as well as the skin surrounding it should be covered with sunscreen or sun block every day because even the daily exposure to the sun may cause slight changes.