

Prior to your PMU procedure think about the look that you wish to achieve. As an expert in the field of colour analysis and makeovers, we ensure that the correct colours and styles are chosen for you, however you are part of the decision-making process.

PMU (Permanent Makeup) enhancements normally require multiple sessions. To achieve the best results you may be required to return for a second application between 1 – 3 months after the initial application.

Be prepared for the colour intensity to be significantly sharper and darker immediately after the procedure. This will subside and become softer as the skin heals. This process can take up to 14 days.

#### **General Pre Advice**

- Since delicate skin or sensitive areas may be swollen or red, if you have any social plans bear this in mind for lip and eyeliner treatments as they can be slightly swollen.
- Try to avoid coffee on the day of your treatment.
- Do not take aspirin or anti-inflammatory medication such as Ibuprofen 2 days prior to your enhancement.
- Do not discontinue any medication before consulting your doctor.
- Keep alcohol intake to a minimum 2 days prior to your enhancement.
- Do not use 1% Retin A skincare products close to the area to be treated for 6 weeks prior your procedure.
- Do not use AHA skincare products close to the area to be treated for 4 weeks prior to your procedure.
- Avoid professional chemical peels close to the procedure site for 4 weeks prior to your procedure.
- Please be aware that the National Blood Service does not accept donations of blood for 4 months after micro-pigmentation.

#### **Eyebrow Enhancement**

- Waxing and threading treatments should be performed no less than a few days prior to your procedure.
- IPL laser hair removal should be performed no less than 2 weeks prior to your procedure.
- Electrolysis treatments should be performed no less than 2 weeks prior to your procedure.
- Eyebrow tinting should be performed no less than 4 days prior to your procedure – best to keep your natural colour brows so Jasmine can see this
- Eyebrow hair stimulating products should not be used for 2 weeks prior to your procedure.
- Botox in the brow region should be performed no less than 2 weeks pre procedure.

#### **Lip Enhancement**

- If you have a history of cold sores (herpes simplex) and are scheduling a lip enhancement we advise you to use anti-herpes medication for example Zovirax ointment that can be obtained

from a chemist. Use the preparation 1-week prior and 1-week after your enhancement 5 times a day to reduce the incidence of outbreak by 50%. Oral anti-herpes medication (Acyclovir) will control the incidence of an outbreak more or less completely. PMU does not cause cold sores, however if you carry the virus, it lays dormant in the nervous system and can be aroused by the infusion process.

- IPL laser hair removal around the mouth should be carried out no less than 2 weeks prior to your procedure.
- Waxing and bleaching treatments should be performed no less than 2 weeks prior to your procedure.
- Electrolysis treatments should be performed no less than 2 weeks prior to your procedure.
- Dermal fillers in the lip should be performed no less than 4 weeks prior to your procedure.
- Permanent makeup cannot lighten dark lip tissue so expectations must be managed.
- Prepare to drink through a straw for a few days after
- Lightly exfoliating your lips to remove dry dead skin will help with better retention
- Keep your lips moisturised
- Bring in your favourite lip colour for everyday wear to your appointment.

### **Microblading Aftercare**

Following your aftercare is vital to achieve the best results. Please review the following instructions and refer to them as necessary. If during the healing process you have any questions or concerns do not hesitate to contact Holly.

#### **You may experience the following symptoms for 4 days**

- Minor swelling and redness.
- Mild tenderness.
- Itchiness in the eyebrow area.
- Dry flaking skin.
- These symptoms are a normal part of the healing process – DO NOT ITCH, PICK OR TOUCH as you will heal unevenly and risk infection from bacteria.

#### **Daily care to follow**

- Keep your hair away from your enhancement to prevent the possibility of infection.
- Some itching is normal. DO NOT PICK, PEEL OR RUB your enhancement as the colour may heal unevenly. Allow the colour to flake away by itself.
- Do not receive skincare beauty treatments for 5 days after the application of your enhancement.
- No make-up should be applied close to your enhancement for 1 week after your treatment. Facial makeup is fine to apply just nothing directly on your brows; we careful when removing foundation not to touch your brows.

**Day 1:** After 1 hour, wipe your brows with green soap & distilled water, then dab them dry with tissue paper, the apply a thin layer of skin candy.

Repeat this 5-6 times throughout the day leaving your last one before bed time.

**Day 2:** Repeat the same cleaning steps but only repeat once in the morning, lunchtime and before bed.  
3 x in total

**Day 3:** Repeat the same as day 2

**Day 4 to Day 10:** Only apply skin candy morning and night. For oily skin types just apply skin candy once in the morning.

**Daily care:**

- Keep the treated area completely dry except your wiping, no water from showers etc
- Do not apply any other creams, makeup or skin care to the area until it has completely healed.
- Do not pick or scratch the scab as it's falling off, it can cause a scar. Let it fall naturally.
- Do not sunbathe or sun bed during the healing process
- No swimming, saunas, facials, excessive sweating during the healing
- If the area feels itchy at any time you can lightly tap it to relieve the itching

This is a little write up I have devised to help you understand the healing period and process of your newly enhanced eyebrows, make yourself a cuppa and sit down, and take a few minutes to read through, as this is a very important piece of information you will use as your Bible over the next 4-6 weeks. It will also free you up asking me any pointers, although I am always there on hand to answer any of your queries, hopefully I have explained everything on here.

Your skin needs to repair itself from having a fairly invasive procedure, needles have been involved, the skin has been broken and anesthetics have been administered too which can alter the ph balance of the skin. You will (hopefully) be over the moon with your new eyebrows, unfortunately over the next few weeks there will be a process of changes to take on board. Some days you will panic over the changes that are occurring, remember 4-6 weeks is a long time when something is healing, especially when it involves your face! Do not panic there is nothing unusual that is happening, I have been sent so many photos of the different healing processes from each individual client I could hold a gallery. The main thing to remember is that its skin, and skin heals at different rates, whereas one client can heal without a flaking, another client could flake and take longer for the flakes to fall off.

I usually find clients who have no bulb or no tails to their natural brow lose the pigment to that area quicker and very nearly have total loss of pigment or very uneven colour retention because brow hair holds and protects the pigment more, so without any natural brow hair being there the outside elements i.e., wind, rain, will not be protected as good as if the brow hair being there at all, so this area will fade more than the rest of the brow. Two retouch appointments may be needed instead..

Your skin needs to repair itself, like I stated earlier, so the excess pigment particles that are sat on the surface of your newly enhanced brow will dry up and may form a crust along with skin cells (depending on the skin type, oily skinned clients have a natural moisturiser and will heal quicker but fade more than a client with dry skin who will flake more but hold colour better) I will of course advise you on aftercare ointment and if you need it or not.

The flakes/crust will come away gradually over the next 8 days, it is very important NOT TO PICK as this will pull the pigment implant right out and heal uneven. Very often it looks like hardly any pigment has held, DON'T PANIC THIS IS NORMAL, as the flakes fall off - it can look like the skin has almost formed a milky opaque layer over the pigment as a protected seal to the newly regenerated skin cells. The colour WILL resurface over the next following weeks (that's why you will need a retouch) and it's far too early to judge the results only a few days or even a week after the procedure. Also I have to be honest (which I pride myself on) and make clear the realistic expectations of a permanent make up procedure, natural mineral based pigment is infused very shallowly into the skin by 1mm where a permanent tattoo by a tattooist using real ink is inserted into the skin 3mm + deep, the two procedures are completely different and should not be confused. Permanent makeup heals like a skin tint; it can NEVER be as dark or as vibrant or give the same coverage as makeup (HD Brows) regardless of your pigment choice as we are working in the skin not on top of the skin.

Permanent makeup is a fantastic and very unique treatment, but it is important to remain in realistic light of the recent "HD" eyebrow craze. I cannot make your brows look like a pencil drawing!

Thank you for choosing me to carry out your procedure and may you have many happy years with your new enhancement and I hope this has helped you understand a little better about the process of your treatment you have received from me, but do not feel that you cannot enquire further as I am ALWAYS on hand for you whenever you need me.