

LUXE Beauty Ink

Permanent Cosmetic Tattoo Artistry by Lynne

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503.805.3488

COSMETIC TATTOO PRE-TREATMENT INSTRUCTIONS

- If possible, do not take aspirin or other blood thinners 5-7 days before the procedure to prevent bleeding. Non-aspirin pain relievers may be taken up to one hour prior to the procedure. Important note, do NOT discontinue any medications that are prescribed by a physician or which are necessary for your health!
- Avoid alcohol 24 hours prior to the procedure to help prevent bleeding. Coffee/caffeine should also be avoided the day of your procedure. Please also avoid fish oil supplements or any other blood thinners 7 days before procedure.
- If you have a condition that requires you to take antibiotics before a dental visit, you must check with your doctor to determine if antibiotics are needed for permanent cosmetics.
- Hair removal may be done up to 5 days prior to your procedure (ex; tweezing, waxing, etc.). Permanent hair removal should not be done five days before or 14 days after the procedure.
- Botox and skin plumping injections such as Restylane and Juvaderm may alter the shape of permanent cosmetics. It is recommended that you wait until these treatments have worn off (usually 6 months).
- Skin treatments such as Retin-A or Retinol thin the skin and must be discontinued for at least 30 days prior to the procedure in the procedure area.
- Accutane users should be off of Accutane for at least one year prior to procedure.
- Do not use lash or brow growth serums or products for at least three weeks before and after eyeliner procedures. Lash/ brow growth serums have been known to thin the skin, causing more bleeding and it can lighten permanent cosmetics.
- If you are having a lip procedure done and you have had a history of cold sores, even just once - it is required that you see your physician to request an anti-viral medication such as Valcylovir to help prevent a cold sore outbreak. It should be taken 5-8 days before and 5-8 days after each treatment, however please check with your physician for specific instructions.
- Aloe Vera in skin care products can lighten permanent cosmetic procedures. It is recommended that you check your skin care products and switch to a product without aloe to extend the life of your permanent cosmetics.

- Permanent cosmetics should be considered semi-permanent, and maintenance visits are offered at a reduced rate. Typically, touch-up visits are required every 2-3 years. For microblading, maintenance visits are usually required annually. Fading varies greatly by person due to variables such as products used on skin, sun exposure, medications, etc., and every person's skin is unique.

Your touch-up appointment is to be done no sooner than 45 days and ONE touch up appointment is included in the treatment price (up to 90 days). Additional fees may apply after 90 days.

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COSMETIC TATTOO INFORMATION AND AFTER CARE INSTRUCTIONS

Proper care following your procedure is important and required to achieve optimal results. Keep in mind that some intensity of color will be lost and/or the color may heal unevenly. This is perfectly normal for some procedures, especially after the initial application. This is the reason for the follow up appointment - to fill in any light areas, to add color, density, thickness, and to adjust the design.

General After Care Instructions

1. Wash your hands before touching treated areas.
2. Cotton rounds soaked in ice water with excess water removed should be used for the first few days as needed to help reduce swelling (10 minutes on, 10 minutes off), up to 3-5 times per day if time allows. Icing is the most beneficial within the first 24 hours. Sleeping with your head slightly elevated may also help in the reduction of swelling.
3. During the first 3 days take care to clean the procedure area. Using a moistened cotton swab or cotton cloth. With warm water, gently blot away any residual body fluids on the healing area (s). For eyebrow procedures, make sure to clean/blot the actual tattooed skin, not just your existing brow hair. Same for eyeliner. This can be a difficult area to blot, but please make sure you are getting beyond your eyelashes and blotting the skin. Keep lips in their natural, still position when blotting. You will repeat this process 4 times a day for the first 3 days. For the remainder of the healing process, washing is not necessary and could actually encourage premature peeling of scabs. Blotting off body fluids and excess pigment the first 3 days is critical to good color retention. Do not use any skin cleansers that contain aloe vera or acids such as glycolic acids, lactic acids, or exfoliates. Cetaphil works very well.
4. Ointment - After cleaning and blotting off all body fluids, allow the treated area to dry before applying the ointment. Only use the ointment I have provided for you. Eyebrows and Eyeliner - begin ointment after 24 hours. **IMPORTANT**, please use sparingly - no more than the size of a grain of rice. For Lip procedures, you may start using your ointment immediately following the procedure and continue for 7-14 days, applying several times a day. Apply the ointment above and below the lashes. Eyes are very sensitive to ointment so be careful not to get any in your eye. If you feel any discomfort on the eyeball itself, immediately contact an eye doctor and contact myself as well. Although it is important to use the ointment provided, using it excessively can starve the skin of air, resulting in pigment (color) loss during the healing period. Again, use the **TINIEST** amount, just enough to moisten.
5. Absolutely no topical makeup on or near the procedure area for at least 5 days. Topical makeup can contain bacteria and your new procedures(s) need time to heal. You must use a new tube of mascara, lipstick or eyeliner. Do not use an

eyelash curler for 2 weeks. They pull the eyelashes and the tissue containing the eyeliner pigment that surrounds the lashes. You must allow the eyeliner to heal before stressing the tissue in this area.

6. No pet grooming, gardening, dusting, or profuse sweating for a minimum of 72 hours (3 full days). Wearing sunglasses outdoors is a good way to protect eyeliner that is healing. It is best if contact lenses are not worn for 5 days, but use your judgement and please call your optometrist if you have any issues.
7. During the healing process do not expose your procedure area to chemicals, hot tubs, saunas, direct hot water shower spray, salt water, or pools. Direct sun exposure and tanning beds should be avoided.
8. Some tenderness, puffiness (even mild to moderate bruising), redness, and itching is normal during the healing process. Do not pick, peel, or scratch the treated area, as this could result in your color healing unevenly and increases the risk of an infection.
9. For Lips: For the first 3 days drink through a straw. Avoid salty, spicy, or oily foods. Use a natural toothpaste. Do not use a toothpaste with bleach, peroxides or abrasives. These agents are not good for healing color.

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WHAT TO EXPECT - HEALING AGENDA

EYEBROWS

Days 1-3 - Your eyebrows are approximately 30% darker now than what they will heal to be. They will also appear thicker than the design as planned. This is due to pigment oxidation and swelling. Don't be concerned with this temporary thicker and darker appearance. This is a natural and necessary part of the healing process. You will also have mild redness that will start to subside today and should be completely gone in 48 hours. After 24 hours, apply the ointment very sparingly and keep the area moist with ointment but don't overdo it. Two times a day, morning and night, is fine. For microbladed brows, we recommend "dry healing" with no ointment. If ointment is used, please use a very conservative amount (size of a grain of rice). Cleansing brows and ointment should be stopped once your brows start to "crack" and peel. We don't want to do anything to encourage premature shedding of scabs. Procedure area will start to feel tight and drawn, and you will be experiencing some itching as is normal with healing skin.

Day 4 - Peeling begins. The dark outer color will start peeling off revealing the softer, lighter color underneath the skin. Do NOT pick scabs, this is critical to pigment retention.

Day 5-8 - Dark outer color finishes peeling off. The color is lighter and softer, and the brows themselves are a bit thinner. The color may have a grayish or ashy tone for a few days up to a couple of weeks until the color clarifies. Brows will need to stay well moisturized and protected with sunscreen once peeling is complete.

EYELINER

DAY 1 - You will have anywhere from slight to heavy swelling. This depends on the amount of histamines in your body. You may also have slight to mild bruising. You may appear as though you have been crying or have allergies. The eyeliner will appear thicker and darker than what it will heal to be. No contact lenses for 5 days. On and off icing helps immensely and feels soothing.

DAY 2 - The morning of day 2 is usually when swelling peaks. Plan for some on again/off again icing. The eyeliner still appears unchanged from the day before. Procedure area will feel tight & sunburned.

DAY 3 - 4 - There will be less swelling. The eye tissue still feels tight and somewhat drawn. The peeling process begins. Some feeling of pinching and itching is normal, the use of ointment will help to alleviate and relieve this discomfort if necessary. Remember to use only the TINIEST amount to moisten the area. If ointment gets in the eye and causes burning, redness, or any discomfort...discontinue use immediately.

DAY 5 - 7 - Dark outer color continues to flake off and you will see a softer, thinner eyeliner. Color may look grayish or ashy until the color clarifies.

NOTE: Please wait 8 weeks before applying false eyelashes or having eyelash extensions applied. The adhesives used can cause inflammation or possible infection if the procedure area is not completely healed. Do not use eyelash growth products (Revitalash, Latisse, Grande Lash, etc.) for 8 weeks. These and other similar products have been known to lighten the tattooed color.

LIPS

DAYS 1-2 - There will be obvious swelling, tenderness, heavy lipstick appearance. You may experience discomfort in the lips.

DAY 3 - There will be less swelling, pigment color appears thick, textured and crusty. Peeling may begin on this day.

DAY 4 - Peeling begins or continues from the 3rd day. The pigment may peel partially or completely off during this day. The lips have gone without moisture directly on the lip tissue so they will feel extremely chapped. Now is the time to start applying ointment to your lips. Keep them moist at all times from here on out.

DAY 5 - Lips are still very chapped, possibly even more so than yesterday. You are almost finished with the first chapping phase (there are two during the healing process).

DAY 6 - You will begin to see a soft version of the color start to appear.

DAY 7 - Lip color may or may not disappear. Lips will take on a "frosty" appearance*, appearing to have a grayish or whitish haze over the surface of the lips. This is the beginning of the second chapping phase.

DAY 14 - Color starts to really bloom from within more and more each day. The lips are starting to rehydrate, allowing the color to become more visible.

DAY 30 - The healing process is primarily complete. The color you see now can be considered your permanent lip color. Lips may remain dry for up to two months, use a good lip balm and sunscreen and they will soon return to normal. If a touch up is needed, 8 weeks of healing is required at a minimum, not to exceed six months.

NOTE: You may see changes in your lip color based on your lip temperature. For example, when your body is cold you may see less color, when warm, you may see a brighter color.

*Some may not experience a prolonged frosting stage and will see lots of color by the 7th day. All procedures are conducted in accordance with Occupational Safety and Health Administration (OSHA) Bloodborne Pathogens Standards. Once you leave my facility it is important to follow after care instructions to avoid complications. Tenderness to the area is expected. This is a wound that must heal. Although complications are extremely rare, in the unlikely event you observe any condition(s) that seems inconsistent with this healing agenda (i.e., infection, eyeball irritation, abnormal discharge, etc.) contact your doctor for treatment and also notify me at 503-805-3488.

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Additional Important Reminders

- If you wear contacts, please bring your contact lens case and solution to your appointment with you in the event you need to remove your lenses. Lenses must be removed for all eyeliner procedures, they typically do not need to be removed for brows and rarely for lips.
- If you wear glasses, please be sure that they have been adjusted by an optician to be straight on your face - bring them with you to your appointment. This is especially important for brows. We need to look at you with and without glasses to ensure brow placement is correct with and without glasses.
- Please do not take any blood thinners prior to your appointment as referenced in Pre Treatment Instructions. Any substance that thins the blood will make you more susceptible to bleeding and can directly interfere with pigment implantation/retention. This includes no alcohol the evening before, no caffeine or ibuprofen the morning of your visit.
- If you use a brow/lash growth serum, please stop using 3 weeks before scheduled procedure.
- If you are on your monthly menstrual cycle, you are more likely to bleed more than usual and often can be more sensitive to pain. Please keep this in mind when you are scheduling your visit.

- Bring your brow or eyeliner pencil/powder that you typically use to your appointment.
- There are no children or other adults allowed in the treatment area unless prior arrangements have been made. Due to the tedious nature of permanent makeup, it is imperative that distractions are kept to a minimum. This is for everyone's safety. I chose a private studio for my space so that this can be a pleasant and peaceful client experience without surrounding noise. This is your special time to relax and many clients actually fall asleep during their procedure. These are not procedures that should be performed in a noisy or distraction filled environment.
- Please limit cell phone useage during your visit to breaks unless it is an emergency or something urgent. We will take a couple of breaks throughout your procedure to stretch or use the bathroom. Limiting your calls/texting to breaks it is greatly appreciated so that we can maximize our time together.
- Please bring your completed paperwork with you to your first visit, along with your Drivers License or ID card. It is Oregon State Law that I retain a picture or copy of each client's identification to ensure you are 18 yrs old.
- Please try to NOT have another important commitment scheduled immediately after your visit. Also, please make Lynne aware if you need to be done by a certain time at the time your appointment is booked.
- Your stomach will be much happier with you by the end of your appointment if you eat before your scheduled time! 😊 If your procedure takes a little longer than planned, it is good to be prepared. If you feel you might get hungry during your procedure, you are welcome and encouraged to bring a snack! I also have a water cooler with hot and cold water.
- If you are allergic to essential oils, please let me know prior to your appointment. I typically diffuse a deliciously relaxing lavender essential oil during your visit, so if this is an issue, please let me know ahead of time. Thank you!

I started this journey to become the best permanent makeup artist that I could be, because I was personally not pleased with cosmetic tattoo procedures I had received 3 different times from 3 different artists. Please know that your face is the most important treasure to me, and I will always be open and honest when giving you my professional opinion. If you ask for a certain procedure that in my professional opinion is not the best solution for you and could potentially compromise your skin, I will make you aware of the potential contraindications or issues and we will openly discuss and agree upon other potential options before starting your procedure. Thank you for trusting me with your permanent cosmetics, I am truly honored and can't wait to celebrate your beautiful new carefree look together!