

I recommend **avoiding** the following,
1 week prior to all Permanent Cosmetic procedures:

1. Aspirin (Tylenol or Ibuprofen is ok)
 2. Niacin, Fish Oils and Vitamin E
 3. Gingko Biloba, St. Johns Wart or Evening Primrose Oil
 4. Alcohols and Caffeine (24 hours prior)
- Additionally clients should be off of all blood thinning medications for 2 weeks prior to the procedure, (but please always consult with your physician before discontinuing any medications.)
 - Clients are advised to keep the area dry for the first 24 hours (showers, swimming, sweat, etc) They should avoid strenuous activity and dirty jobs (ie: mowing the lawn etc) for several days following their procedure
 - All permanent makeup procedures require a touch up 4 weeks after the initial appointment, (which is included in the initial price)

Facts

- Permanent Makeup for **Eyebrows and Lips** requires a consultation prior to the procedure (and consultations are always free!)
- Topical anesthetics are used before and during the procedure so discomfort is minimal
- The duration for all procedures is 2 hours
- Permanent cosmetics, while permanent, may need to be touched up approximately every 5 years as minimal fading will occur

If you have more in depth questions, I encourage you to
schedule a free consultation