

# Beyond The Surface Permanent Makeup

## Pre Care Instructions:

All clients must be off **Retin A, Latisse** and/or **Renova** *30 days* prior to all procedures. Clients must be off of **Accutane** for one year, prior to all procedures.

- 1 week prior to any PMU service stop taking aspirin, ibuprofen, or other blood thinning medications (if prescribed, always consult with your doctor)
- Stop taking niacin and vitamin E
- Stop taking ginkgo biloba, fish oils, omega 3's, flax seed, St. Johns Wart, and any "fat burners"
- Do not tan (naturally or artificially)
- **Avoid consuming alcohol and caffeine 24 hours prior to any PMU service**

**Eyeliner** - Please discontinue all **lash growth serums** for *30 days* prior to all eyeliner procedures. Lash growth serums are not recommended post procedure as they will lighten your PMU.

Please bring eyeglasses if you wear contact lenses, to all appointments! You must wear eyeglasses for **3 days** post procedure. After 3 days, you may resume wearing contacts that are clean or new! No lash perms or tinting should be done within 3 days of this procedure and *30 days* post procedure. If you wear eyelash extensions you **cannot** wear them before, during, or until healing is complete (4 weeks after your 2nd visit). Please use only new mascara post procedure. It is important not to expose the area to bacteria. This can cause a secondary infection.

**Eyebrows** - Avoid tweezing, waxing, or tinting of your brows for 7 days prior to this procedure and for 3 weeks following.

**Lips** - If a client has **ever** had (**even years ago**) a fever blister, cold sore, or shingles it is necessary that you obtain a prescribed anti viral medication from your doctor. Please take for 3 days prior, the day of, and 4 days following your procedure. Activation of **fever blisters** is a very common side effect of lip tattooing for those who've had them in the past. Please avoid any waxing or bleaching agents on your upper lip 3 days before any lip procedure and 30 days post procedure.

- If you are required to take antibiotics prior to dental procedures please consult with your doctor to find out if it's necessary to do so before this type of procedure as well

- Please avoid wearing perfume to any appointments.