



PERMANENT COSMETICS PRE-CARE

When scheduling an appointment date for your procedure, please keep in mind the healing time required. You will want a few days afterwards without social plans or strenuous activity. You will not look your best (swelling, oozing and “wet paint” look) so try and plan activities around the house. Do not have the procedure right before you go on vacation as 1) you need time to heal; 2) you need to stay out of the sun and wind and; 3) in case you have questions or complications you will want to be near your permanent make-up artist or physician. Do not wear your good clothes for the procedure, as there is a chance that pigment can splatter.

Permanent cosmetic procedures do not require sedation. We have numbing creams that work well for the eyebrows but are not suitable for eyeliner applications or lips. Herbal supplements are available that will help you relax during the procedure and can be beneficial so that you avoid flinching during the procedure. Recommendations have been made suggesting that Melatonin works well – in addition to the drowsy effect, it is good for skin healing and rejuvenation. Antihistamines like Benadryl, taken before the procedure may reduce swelling and help you relax. Benadryl also helps eyes not be so watery during eyeliner procedures as water can dilute the pigment that is being applied. Please remember that herbal supplements can have side effects and may act adversely with other medications you are taking. It is your responsibility to consult with your doctor prior to taking any sort of supplement or medication prior to the procedure. Permanent eyebrow swelling is barely noticeable, permanent eyeliner swelling is moderate and permanent lip applications can cause severe swelling. A natural supplement, Bromelain, may help reduce the swelling. It is rare to have a healing problem with permanent eyebrow or eyeliner applications. Some complications can occur with lip applications that include Candida (fungal) infections and hyper-pigmentation (dark spots). Both are treatable.

Treatment specific pre-care instructions:

Eyeliner –

- Do not wear contact lenses during the procedure or for 24 hours afterward
- Bring sunglasses to wear home as your eyes may be light sensitive
- Do not dye or perm your eye lashes for 2 days prior to the procedure
- Do not use an eyelash curler the day of the procedure
- If you have had any sort of eye surgery, consult with your doctor about how long you should wait prior to the procedure. Commonly, the OK is given 2 months after cataract, Lasik and blepharoplasty.

Eyebrows –

- Do not tweeze, wax or dye brows for 2 days prior to the procedure
- Electrolysis should not be done for 1-week prior.

Lips –

- If you get cold sores, you will need an antiviral prescription prior. Usually, you will be instructed to take the prescription for at least 3 days prior to the lip treatment
- If you have had any type of lip surgery, consult with your physician prior to getting the lip treatment.
- There is a higher risk of complications if you wear dentures, partials or braces. Recent antibiotic treatments can increase the chance of Candida infections.