

Permanent Make-up **AFTERCARE**

I love a good acronym so here's one to help you out, just think of **A - W - M** which stands for **Absorb, Wash, and Moisturize!**

Absorb (Day of)

- After the procedure, gently blot the area with clean tissue to absorb excess lymph fluid.
- Do this every 5 minutes until the oozing has stopped.
- Removing this fluid prevents the hardening of the lymphatic fluids.

Wash (Days 1-7)

- Wash daily to remove bacteria, build-up of product and oils, and dead skin. (Don't worry, THIS DOES NOT REMOVE THE PIGMENT!)
- Gently wash the area each morning and night with water and gentle soap or an unscented cleanser like Dial Soap, Cetaphil, or baby shampoo. With a very light touch, use your fingertips to gently cleanse the area.
- Rub the area in a smooth motion for 10 seconds and rinse with water ensuring that all soap is rinsed away.
- To dry, gently pat with a clean tissue. DO NOT use any cleansing products containing acids (glycolic, lactic, or AHA), or exfoliants.

Moisturize and hydrate (Days 1-7)

- Apply a tiny, rice grain amount of Aquafor 3 times a day with a cotton swab and spread it across the treated area.
- Be sure not to over-apply, as this will suffocate your skin and delay healing. The product should be barely noticeable on the skin.
- NEVER put the product on a wet or damp tattoo.

Important Reminders

- Use a fresh pillowcase while you sleep.
- Let any scabbing or dry skin naturally exfoliate away. Picking can cause scarring or loss of color.
- No facials, botox, chemical treatments or microdermabrasion for 4 weeks.
- Avoid hot, sweaty exercise for one week.
- Avoid direct sun exposure or tanning for 4 weeks after the procedure. Wear a hat when outdoors.
- Avoid long, hot showers for the first 10 days.
- Avoid sleeping on your face for the first 10 days.
- Avoid face-down swimming, lakes, and hot tubs for the first 10 days,
- Avoid topical makeup and sunscreen on the area.
- DO NOT rub, pick, or scratch the treated area.

Important Instructions for Showering

- Limit your showers to 5 minutes so that you do not create too much steam. Keep your face/procedure area out of the water while you wash your body, then, at the end of your shower, wash your hair.
- Your face should only be getting wet only at the end of the shower.
- Avoid excessive rinsing and hot water on the treated area.

IT IS IMPORTANT TO FOLLOW THE SPECIFIC AFTERCARE INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE AFTERCARE PROCESS, BE SURE TO ASK YOUR PRACTITIONER FOR MORE GUIDANCE.