

THE COSMETIC CENTER OF PERMANENT MAKE-UP

I state that I have received verbal & written post procedure instructions from Nicole Shevchenko. I understand & agree to call with any questions or concerns 856-630-5422.

Client Initials: _____ Date: ____/____/____ Practioner _____

PROCEDURE	SWELLING	MOISTURE	AVOID UNTIL HEALED	COMMENTS
Eyebrows Camouflage Areola Complex (wear loose fitting t-shirt without bra as often as possible for the first week following procedure)	Slight with transient redness Slight with transient redness Slight with transient redness	Keep area lightly moist using Q-Tip with the sterile Vaseline ointment given to you (not overly greasy) 2 to 3 times a day (morning, night & in between) for 7-10 days. If slight crust appears on pigmented surface, do not force removal by picking, scratching, or washing! (You will remove pigment along with crusting). Brows are not considered healed until all crusting has exfoliated. DO NOT USE ANTI-BIOTICS	Soaps, facial cleansers & water on pigmented area. Wash around it. Makeup on pigmented area until healed. Retin A & Glycolic Acids on pigmented areas while healing. Touching with fingers. Sun, tanning beds & Self Tanners on pigmented area. Chlorine pools, Jacuzzis or saunas. Hot, steamy, long showers. Shower with back to water to avoid water, shampoo and conditioner getting onto pigmented area. A thin coat of Vaseline over pigment is a good idea before showering. Dirt, as in gardening, for the first 3 to 4 days to prevent possible infection.	Don't be alarmed by fading after first application. The final color cannot be judged until at least 2weeks after the touch-up application is completed. This is the reason a follow-up is required. Don't be alarmed if color comes off onto the Q tip when applying topical. This is normal. For Long Term Care: Use a sunscreen daily.
Eyeliner	Moderate. An enclosed ice bag should be applied for first day - 10 minutes on and 10 minutes off. Following procedure, area may be puffy for first few mornings, therefore, beginning on the second day, apply an ice bag on the eyes in the morning. Sleeping propped up & on your back will reduce swelling. Avoid food high in Sodium for a few days, as this can increase puffiness around the eyes. The wider the liner, the more swelling to be expected. Tails may cause redness on outer corner of eyes.	Wash eyes the first morning following procedure with antimicrobial soap and water. Rinse well and pat very lightly, dry. Re-apply sterile Vaseline with Q-Tip. Keep the eyeliner only sliightly moist using a Q-Tip with Sterile Vaseline given to you, 2-3 times a day for five to seven days. Nothing other than Sterile Vaseline or Lacri-Lube should be used. DO NOT USE ANTI-BIOTICS	Contact lenses day of procedure Please bring your glasses! Driving 8 hours following procedure (plan to get ride) Chlorine pools, Retin A or Glycolic acids totally, Jacuzzis or Saunas, Terry Towels on pigmented area, Hot, steamy, long showers. Shower with back to water to avoid water, shampoo and conditioner from getting onto pigmented area. Apply a thin coat of Vaseline over pigment before showering. All Aloe and Vitamin E products Too much Vaseline. If you can see it, you have too much on. Simply apply the thinnest coat with Q-Tip and avoid getting it into your eye as this can invite an infection. Only reapply when the eyelid area begins to feel tight.	Don't be alarmed by fading after the first application. The final color cannot be judged until two weeks after the touch-up application is completed. Don't be alarmed by color coming off onto the Q-tip, when applying Vaseline. This is normal. WARNING! Although your eyelid may have a slight pink or redness above the eyeliner, immediately following procedure, YOUR EYEBALL SHOULD NOT BE RED!! You must seek medical attention, immediately, if you see signs of bloodshot eyes or puss in the corners of your eye or eyes. This may be a bacterial infection and requires a physician.
Lip-liner	Moderate. An enclosed ice bag should be applied for the first few hours-10 minutes on and 10 minutes off. Be sure to apply Vaseline and then a tissue to prevent condensation from the bag of ice touching lips.	Follow Eyebrow instructions for a 2-week period • Lips will tend to be very dry. Keep them moist • using a Q-Tip & sterile Vaseline for 14 days. Some peeling may occur. Do not peel off! Lips have a tendency to fade up to 60% and • color can hide for a 6-week period before resurfacing. Very moist lipstick and lip gloss may be worn over a coat of Vaseline. Lips will always require a sun block due to photosensitivity.	Teeth bleaching for minimum of 3 weeks. Direct sun, and tanning beds on pigmented area forever. For 2-wks, try not to wipe your lips with a napkin while eating. Drink through a straw even hot coffee or tea.	If you have a history of cold sores, canker sores and/or fever blisters on the lips, chin or nose you will require a prescription of 24 capsules of 500 mg Valtrex from your physician. (12 for initial procedure and 12 for the touchup to avoid two co-pays) These can be taken 2 times a day, two days before tattoo and four days after or as otherwise prescribed.
Long term care for all procedures	Use a good sunscreen daily. The lips require protection as pigment can become photosensitive. If you donate blood, it is a Red Cross policy that you must wait one year after any tattooing procedure. If you are planning a chemical peel, MRI or other medical procedure, please tell them that you have had an iron-oxide cosmetic tattoo. If you are planning to have laser hair removal on your upper lip or a Photo Facial with an IPL you must tell your laser specialist that you have permanent make up so this area can be avoided by the laser. Both ablative and non-ablative lasers may will cause pigment to turn black.			