

# Permanent Makeup

## Eyeliner Precare Instructions

### **EYELASH PRODUCTS**

- Remove eyelash extensions 48+ hours before.
- Stop Latisse or lash growth serums 6 months before.

### **EYE MAKEUP AND ACCESSORIES**

- Avoid mascara or eye makeup for 10 days before.
- Do not wear contact lenses on the procedure day or for 48 hours after.
- Avoid eyelash curlers for 7 days before.

### **SKIN HEALTH**

- Ensure your skin is free of irritations, acne, eczema, psoriasis, or sunburn.

### **MEDICATIONS & PRODUCTS**

- Stop Accutane 1 year before.
- Discontinue Retin-A one week prior to the procedure

### **TREATMENTS**

- No facials, microdermabrasion, microneedling, peels, laser treatments 4 weeks prior.
- No Botox around the eye area 2 weeks prior.
- Wait 3 months after LASIK or cataract surgery

### **LIFESTYLE**

- Avoid sun exposure or tanning beds for 2 weeks before.
- Avoid alcohol 24 hours before.
- Avoid heavy exercise on the procedure day.

### **OTHER**

- Scars must be healed for 1 year.
- Note increased sensitivity during your menstrual cycle.

### **ON THE DAY OF YOUR APPOINTMENT**

- Have a light meal prior to your appointment
- Avoid Intense workouts, caffeine and alcohol
- Remove your contact lenses or bring a case and solution
- With your doctor's permission, do not take blood thinners
- Plan for your appointment to take a few hours
- Arrive with eyeliner ON so we can see your desired shape

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## Eyeliner Aftercare Instructions

### WHAT TO EXPECT

- Swelling, redness, or itching, which subsides in hours to a few days.
- Scabs form and fall off in 7-10 days. During the scabbing phase, the liner may look dark and thick. As the scabs fall off, the color can fade approximately 30-50% lighter.
- Eyes may feel puffy, heavy, light-sensitive, or bloodshot temporarily.

### DAY 1 (Appointment Day)

- Gently wash the area with clean tissue to remove excess lymph fluid until oozing stops. This prevents crusting and keeps the area clean.

### DAYS 1-5: WASH & MOISTURIZE

- Wash: Twice daily (morning and evening), gently clean with lukewarm water and mild, fragrance-free soap using patting motions. Avoid acid-based or exfoliating cleansers.
- (OMIT THIS STEP FOR LASHLINE ENHANCEMENT)Moisturize: Apply rice-sized amount of ointment 2-3 times daily with clean Q-tip. Blot excess to avoid trapping moisture/bacteria.
- Let scabs flake off naturally. Picking can cause scarring or loss of pigment. Avoid pulling off the scabs that are dried on the lashes. When removing scabs hanging on lashes, ensure scabs are soft enough to slide off from the lashes. Use a mascara brush to help.
- Swelling: Apply ice packs for 10 minutes hourly for the first 4-8 hours to reduce swelling. Ice is not helpful after 24 hours.
- Sleeping: Sleep slightly elevated to reduce residual swelling.

### AVOID FOR 2-4 WEEKS

- Direct sun exposure or tanning beds (wear a hat or sunglasses).
- Heavy sweating, exercise, sports, swimming, saunas, or hot showers (2 weeks)
- Skincare / cosmetics on the treated area, especially exfoliants / acids (4 weeks).
- Facials, microdermabrasion, microneedling, peels, or laser treatments (4 weeks).
- Sleeping on your face or using dirty pillowcases (10 days).
- Heavy household cleaning with airborne debris.

### ADDITIONAL NOTES

- Results may appear lighter or uneven due to natural skin renewal, which is normal.
- A touch-up session 6-12 weeks after the initial procedure is recommended to perfect color and symmetry (additional cost may apply).
- Contact us with any questions or concerns during healing.