

The Glam Garage Permanent Cosmetics Treatment plan

Client: _____ DOB ____/____/____

Proper care prior to and following your procedure is necessary to achieve the best results. Keep in mind that in many cases, some unevenness of color is to be expected. This is the purpose of a follow up visit. Please review the following directions and refer to them as necessary. If during your healing process you have any questions or concerns, please contact your technician.

Pre Treatment Instructions

- No injectables within 2 weeks prior to permanent cosmetic procedure
- Do not work out the day of the procedure.
- Do not tan or have a sun burn face.
- Do not take Aspirin, Niacin, Vitamin E, all Omega-3 Fatty Acids (Fish Oil, etc), or Ibuprofen 24 hours before procedure.
- No alcohol or caffeine two days before the procedure.
- Please note that you will be more sensitive during your menstrual cycle.
- No tweezing/waxing at least 48 hours before procedure. No tinting at least 1 week before and electrolysis no less than 5 days before or 2 weeks after procedure
- Do not wear contact lenses during or immediately following the **eyeliner** procedure. Remember to bring your glasses. You may resume wearing your contact lenses as soon as your eyes return to their pre-tattooed condition.

Post Treatment Instructions

- Please refer to your technician's **same day** post care instructions as it is client specific.
- No water, cleansers, creams, makeup or any other products on treated area for 10 days.
- After any eyeliner procedures, refrain from wearing eye makeup for 72 hours. Do not use eyelash curler for 2 weeks. Use a new mascara to avoid bacteria.
- Ice packs protected with a cloth may be applied as necessary to reduce swelling. Sleeping slightly elevated helps alleviate swelling sometimes seen in the morning after facial procedures. Avoid sleeping on stomach for 10 days.
- Do not expose the area to dirty or unsanitary conditions for 10 days (i.e. gardening, direct contact with animals). Microscopic particles can stick to healing agents on eyes and eyebrows. Wearing glasses outdoors can protect new eyeliner.
- Do not expose your healing skin to direct sun light for 3-4 weeks after procedure and avoid sweating for 10 days.
- Avoid tanning beds, hot tubs, saunas, saltwater and chlorinated pool for 2 weeks following your procedure.
- No facials, injectables (i.e. Botox), chemical treatments and microdermabrasion for 4 weeks.
- Apply recommended healing agents "sparingly" and blend them in until not topically visible.
- Some itching is normal. **Do not pick, peel or scratch** the treated area or color may heal unevenly and there may be a risk of scarring and/or infection. Let any scabbing or dry skin exfoliate off naturally.
- All needles used during procedure are disposed of in an FDA-cleared Sharps Container.

Consult a healthcare professional at the first sign of infection.

Patient Signature _____ Date ____/____/____

Permanent Cosmetic Technician _____ Date ____/____/____