

What Shall I Do Before Receiving My Micro-pigmentation Make-Up Enhancement, Medical Tattoo & Scalp Cosmetic Tattoo?

Prior to your micro-pigmentation enhancement think about the look that you wish to achieve. As experts in the field of colour analysis and makeovers, we ensure that the correct colours and styles are chosen for you, however you are part of the decision-making process.

Micro-pigmentation enhancements normally require multiple application sessions. To achieve the best results you may be required to return for a tune-up procedure between 4 and 12 weeks after the initial application, Charged separately at an hourly rate.

Be prepared for the colour intensity to be significantly sharper and darker immediately after the procedure. This will subside and become softer as the skin heals. This process can take from 7 up to 14 days and is usually followed by a phase called: "pigment ghosting", for the enhancement might seem to have not taken. Please do not be alarmed, as this stage is a part of the process.

After initial colour lifting (some skin types will form a crust which will lift), a layer of a new skin will grow over and within 4-6 weeks the new skin layer will exfoliate, become thinner, allowing the enhancement to "re-surface". Also, after the initial patchiness phase, the whole area becomes more uniform in colour.

Please do not make contact, nor send images of the healing side, as until the 4-6 weeks healing period is completed, and the area stabilized the enhancement cannot be assessed and any further work at this stage is not possible.

General Pre Advice

It is essential to inform the practitioner prior to the appointment day, about any semi permanent enhancements in the past, even if little or no colour residue is visible.

Since delicate skin or sensitive areas (eyeliner or lips) may be swollen or red, you are advised not to make social plans on the day of your enhancement.

If applicable please wear your normal make-up to your enhancement appointment.

Do not take aspirin or anti-inflammatory medication such as Ibuprofen, fish oil, vitamin E from two days prior to your enhancement.

Do not discontinue any medication before consulting your doctor.

Keep alcohol intake to a minimum 2 days prior to your enhancement and best if none is consumed within the time frame to prevent bleeding, which affects colour retention.

Do not use 1% Retin A skincare products close to the area to be

treated for 6 weeks prior to your procedure.

Do not use AHA skincare products close to the area to be treated for 4 weeks prior to your procedure.

Avoid professional chemical peels close to the procedure site for 4 weeks prior to your procedure.

Please be aware that the National Blood Service does not accept donations of blood for 4 months after a micro-pigmentation procedure.

Wash your hair, if you are having your eyebrows enhancement done as you will be advised to not wet the area for at least 5 days.

Eyebrow Enhancement

Waxing and threading treatments should be performed no less than 1 week prior to your procedure.

IPL laser hair removal should be performed no less than 2 weeks prior to your procedure.

Electrolysis treatments should be performed no less than 2 weeks prior to your procedure.

Eyebrow tinting should be performed no less than 4 weeks prior to your procedure.

Eyebrow hair stimulating products should not be used for 4 weeks prior to your procedure.

Botox in the brow region should be performed no less than 2 weeks pre procedure.

Eyebrows Aftercare

- Avoid any water contact on the treated area for 5 days.
- Do not pick, peel or scratch.
- Avoid sun exposure for a week.
- Avoid exercise for 5 days.

- Avoid any cosmetic products on treated area.
- Keep your hair away from the healing area to avoid contamination.
- Avoid hot showers and baths for two weeks
- Avoid sauna, steam room or spa for two weeks.
- Avoid swimming for two weeks
- Your eyebrows will look darker within the first week post treatment. It is absolutely normal at this point.
- It is common during healing period for one eyebrow to appear different than the other.
- Be patient and wait for your skin to heal as any unevenness or colour difference can be easily addressed on your touch up session.
- Skin takes 4 – 6 weeks to heal, and we won't be able to do anything before the end of 4 weeks period.

Eyelid Enhancements

- ☐ Eyelash tinting or eyelash perming treatments should be carried out no less than 2 weeks prior to your procedure.
- ☐ Eyelash stimulating products should not be used for 4 weeks prior to your procedure.
- ☐ Artificial lashes should be removed 1 week prior to your procedure and not reapplied for 2 weeks post procedure.
- ☐ Do not wear contact lenses during or immediately following your procedure. Remember to bring your glasses. You may resume wearing your contact lenses 24 hours after the procedure.
- ☐ You may have mild swelling after your enhancement procedure and as a safety precaution you may wish to have someone drive you home.

Eyeliner Aftercare

- Ease swelling with ice pack.
- You can use a healing cream to assist healing. Apply small amount with a cotton bud (dab not wipe), 4 times a day for 5days.
- Do not pick, peel or scratch.
- Avoid touching or rubbing your eyes for a week.
- Avoid sun exposure for a week.
- Avoid exercise for 5 days.

- Sleep on a clean pillowcase.
- Avoid cosmetic products on treated area for a week.
- No mascara for a week.
- Limit hot showers and bath.
- Avoid swimming for 2 weeks.
- Avoid sauna, steam room or spa for two weeks.
- Avoid spicy food, seafood, and eggs for a week.
- Use eyedrops if necessary for the first few days.
- Avoid eyelash tinting, curling, perming or lash extensions for 2 weeks.

Lip Enhancement

If you have a history of cold sores (herpes simplex) and are scheduling a lip enhancement we advise you to use anti-herpes medication for example Zovirax ointment which can be obtained from a chemist. Use the preparation 1 week prior and 1 week after your enhancement 5 times a day to reduce the incidence of outbreak by 50%. Oral anti- herpes medication (available on prescription) will control the incidence of an outbreak more or less completely. Micro-pigmentation enhancements do not cause cold sores, however if you carry the virus, it lays dormant in the nervous system and can be aroused by the infusion process.

- ☐ IPL laser hair removal around the mouth should be carried out no less than 2 weeks prior to your procedure.
- ☐ Waxing and bleaching treatments should be performed no less than 2 weeks prior to your procedure.
- ☐ Electrolysis treatments should be performed no less than 2 weeks prior to your procedure.
- ☐ Dermal fillers in the lip should be performed no less than 2 weeks prior to your procedure
- ☐ Do not consume alcohol, caffeine, ibuprofen, aspirin, fish oil and vitamin E.
- ☐ Apply lip repair balm (e.g. AQUAPHOR) multiple times daily, starting at least 5 days before the treatment, make sure your lips are not dry.
- ☐ Do a lip scrub the day before the treatment to get rid of dead skin.
- ☐ Do have something to eat before the treatment, you can not eat within 4 hours after the treatment.

Lips Aftercare

- Avoid touching treated area for 7 days
- Ease swelling with ice pack.
- Use Aquaphor to assist healing. Apply with cotton bud (dab not wipe), every 2 hours for as long as needed.
- If you notice any clear fluid before you apply the cream (it should only happen within 2 days after the treatment), Dab it off with a damp cotton pad, do not wipe.
- Take showers and wash your face as normal, with a coat of Aquaphor on.
- Do not pick, peel or scratch.
- Avoid sun exposure for a week.
- Avoid exercise for 5 days.
- Avoid cosmetic products on treated area for at least 10 days.
- Do not take hot showers or baths for 5 days.
- Avoid swimming for two weeks.
- Avoid sauna, steam room or spa for two weeks.
- Avoid spicy and salty food.
- Take Aciclovir tablets if you are prone to coldsores.
- Apply Aquaphor, or Vaseline 5 times a day to keep your lips moisturised.
- Avoid smoking for at least 5 days. Smoking may turn the pigment dark.
- Do not eat within 4 hours after the treatment.

What Shall I Do Before Receiving My Medical Tattoo Procedure?

In most medical tattoo procedures skin tone colour matching will be carried out prior to the procedure and a period of four weeks must pass before the true colour reveals itself. Your technician will advise you.

It is essential that you are not tanned when the skin tone colour match takes place and you do not tan during the course of treatments.

Medical tattoo procedures normally require multiple application sessions. A minimum of four weeks must be allowed to permit the skin to heal fully between appointments.

Be prepared for the colour intensity to be significantly sharper and darker immediately after the procedure. This will subside and become softer as the skin heals. This process can take up to fourteen days.

A sensitivity test for pigment and in some cases numbing agent must be performed prior to the medical tattooing procedure.

There may be swelling, bruising and redness following each treatment session. You may want to avoid social events.

Do not take aspirin or Ibuprofen two days prior to and after each treatment session. Do not take vitamin E, fish oil from 2 days before the treatment.

Do not discontinue any medication before consulting your doctor.

Keep alcohol intake to a minimum two days prior to and after each treatment session.

Scar Camouflage Aftercare

- Avoid any water contact on the treated area for 5 days
- DO NOT PICK , PEEL or SCRATCH even though it will feel itchy a few days into the healing process. .
- Do not remove dressing for 2 days.
- Change dressing and apply a healing balm by tapping, using a cotton bud only
- Do not place once used cotton bud back in the container with the balm as you will contaminate the entire container. Take a fair amount of balm out, place it on the top of your clean palm, and only then apply onto the wound.
- Avoid exercise for 5 days.
- Avoid swimming for 2 weeks.
- Avoid sauna, steam room or spa for two weeks.
- Avoid sun exposure for a week.
- Do not take hot showers or baths for 5 days.
- Do not wear tight clothing that could potentially rub against the treatment area

Infections can occur if you do not adhere to the aftercare. You must keep the area clean during the healing period.

Retin A skincare products Should be avoided:

1. Six weeks pre procedure.
2. Four weeks post procedure.

Do not use AHA skincare products close to the procedure site four weeks prior to and after each treatment session.

Avoid professional chemical peels close to the procedure site for four weeks prior to and your procedure and two weeks post treatment.

Any IPL laser hair removal should be performed at least two weeks prior to your enhancement.

As with electrolysis the National Blood Service does not accept donations of blood for four months after a tattoo procedure.

Pre-Advice for Cosmetic Scalp Tattoo

A different pre-advice applies to female and male clients.

Arrange for a few days off work to accommodate for the healing process, and possible scabbing. The amount of scabbing depends on the skin type and response during the treatment, and the tools/techniques used. Although it is most likely that the degree of scabbing will be negligible, it is best to prepare. Wash your hair if you have a long hair. There is no need to shave before the treatment, unless aimed at creating the neatly shaved hair style.

Preparation for your scalp micropigmentation procedure

Full Scalp Procedure

- Full head scalp Micropigmentation always works best on closely shaved scalps, wet shaving or grade 0-2 is ideal. The longer the natural hair is the more difficult it is to blend.
- Do not tan two weeks prior or have sunburned face.
- Do not work out the day of the procedure (excessive oils in the skin can prevent the pigment from retaining).
- Exfoliate your scalp the night before your procedure to remove any dead skin.

Hair Densification Procedures

- Wash your hair on the morning of your procedure.
- Do not use oily, serum or wax products on the day of your procedure.

Excessive bleeding which will reduce the pigment retention!

- Do not drink alcohol 24 – 48 hours before your tattoo
- Do not consume coffee right before your procedure
- Do not take any aspirin or ibuprofen for pain relief (paracetamol is fine)
- Avoid oily fish, Garlic and herbal teas

To minimise discomfort:

- Try to get a good night sleep before your treatment this will help you relax and make the treatment more comfortable.
- Drink lots of water- before and during the session – this allows the skin to accept the ink more easily, without thinning the blood.
- Have a good breakfast on the day of your tattoo, this increases your stamina as getting tattooed burns a lot of calories.
- Paracetamol reduces pain and helps reduce inflammation so if your worried take two before or after the session.
- Bring a sugary drink or snack for your session *blood sugar levels can drop during treatments like Micropigmentation so this can help you feel more comfortable during

the treatment.

- Micropigmentation can take up to 4 hours so consider a distraction, a book or a magazine to read.

Allergies

A variety of products will come into contact with the skin during the session including: wax pencil, baby wipes, cling film, nitrile gloves, numbing cream, pigment. I have never had an allergic reaction to any of these yet but please be prepared to declare all allergies before your treatment as I can then use an alternative product where possible.

Numbing products

I can use numbing products throughout your treatment to ease any discomfort, this only lasts around 20-40 minutes. Soon after your treatment the area may feel sensitive or bruised. I recommend applying a dry ice pack wrapped in a tea towel to reduce any swelling and soothe the area. Paracetamol will ease any discomfort but please avoid Ibuprofen for around 6 hours as this could cause the area to swell.

Other things to consider:

Pigment stains – occasionally tiny droplets of pigment could splash on clothing and may stain, I recommend wearing dark tops where possible.

Scalp Aftercare

- Avoid any water contact on the treated area for 5 days
- DO NOT PICK, PEEL or SCRATCH even though it will feel itchy a few days into the healing process.
- Do not shave your scalp for a week.
- Avoid exercise for 5 days.
- Avoid swimming for 2 weeks.
- Avoid sauna, steam room or spa for two weeks.
- Avoid sun exposure for a week.
- Sleep on a clean pillowcase.
- Do not take hot showers or baths for 5 days.
- You can wear hat, but the redness will calm down within maximum of a few hours.

As with electrolysis the National Blood Service does not accept donations of blood for four months after a tattoo procedure.