



PERMANENT MAKEUP

Prep & Aftercare Guide

How to get ready for your appointment and help your results heal beautifully

Your artist's instructions come first. This is a general guide. If anything here differs from what you are told at your appointment, follow your artist's advice for your service and your skin.

Before your appointment

- **Complete your health and consent form.** It takes about five minutes and lets us plan safely around your health history.
- **Tell us about medications and conditions.** Do not stop any prescribed medication on your own. If you take blood thinners, aspirin or anti-inflammatories regularly, or have a health condition, let us know in advance so we can advise you.
- **Skip alcohol and extra caffeine for 24 hours** before your visit, and avoid taking over-the-counter blood-thinning products such as aspirin, ibuprofen or fish oil unless a doctor has told you to.
- **Stay out of the sun.** Avoid sunburn, tanning beds and self-tanner on the treatment area for at least two weeks.
- **Hold off on other treatments.** Avoid Botox, fillers, peels, laser, microneedling and strong exfoliating or retinol products on the area for about four weeks before.
- **Brows:** do not wax, thread, tint or tweeze for three days before. Let your natural shape grow in so we can see it.
- **Lips:** if you get cold sores, tell us when you book. Your doctor may recommend a preventive medication before lip work.
- **Eyeliner:** arrive with clean eyes and no eye makeup. If you wear contacts, bring glasses. Tell us if you wear lash extensions.
- **Pregnant or breastfeeding?** Please reschedule until after, and let us know.

The day of your appointment

- Eat beforehand and stay hydrated. Plan for your visit to take a few hours.
- Wear comfortable clothing and come with a clean face.
- Bring any inspiration photos, and be ready to tell us about the look you want. You will approve the shape and color before any pigment is applied.
- Arrange your schedule so you do not have a workout, sauna or swim planned afterward.

What healing looks like

Everyone heals a little differently. This is a typical pattern, not a promise.

DAYS 1 TO 3 The area looks darker and bolder than the final result. Mild swelling, redness and tenderness are normal.

DAYS 4 TO 10 Light flaking or dry skin appears and the color can look uneven or patchy. This is normal. Do not pick.

WEEKS 2 TO 4 Color often looks lighter or softer as the skin settles. This is the "ghosting" stage that surprises many people.

WEEKS 4 TO 6+ The true color emerges. Your artist will tell you if a touch-up is recommended.

Daily care while it heals

- Wash your hands before touching the area. Keep it clean by following the cleaning and ointment instructions you are given.
- Use only the products your artist recommends. Avoid makeup, sunscreen, exfoliants and active skincare on the area until it has healed.
- Do not pick, peel, scratch or rub flaking skin. Let it come off on its own.
- Avoid soaking the area: no swimming pools, hot tubs, saunas or long hot showers on your face, and limit heavy sweating for about 7 to 10 days.
- Avoid direct sun. Once fully healed, wear sunscreen on the area every day to help your color last longer.
- Sleep on your back with a clean pillowcase for the first few nights if you can.
- Postpone facials, peels, laser, Botox, fillers and dental work that involves the area until you are healed.

Notes by service

Brows

Brows often look darker and sharper for the first week and then soften. Keep them dry and out of the sun, and avoid brushing or tinting until healed.

Lips

Lips can look swollen and intensely colored at first and then flake. Use the balm you are given, avoid spicy or acidic foods and drink through a straw if it helps. Tell us right away if you feel a cold sore starting.

Eyeliner

Swelling around the eyes is common for the first day or two. Skip eye makeup, lash curlers and lash glue until healed. Cool compresses can help if your artist approves.

Camouflage, areola & SMP

These services are often done over more than one session. Keep the area clean, avoid sun and friction, and follow your artist's specific plan for session timing.

When to contact us

Please call 434-922-0389 right away if you notice any of the following, and contact your doctor if you feel unwell:

- Redness, swelling or heat that gets worse after the first few days
- Pus, discharge, a bad odor or significant pain that is increasing
- Fever, chills or red streaks spreading from the area
- Signs of an allergic reaction such as a spreading rash, hives or intense itching
- Anything that simply does not feel right to you

Touch-ups

Because skin heals differently from person to person, some clients benefit from a follow-up visit once the first session has healed. Your artist will let you know if one is recommended. When you are ready, request your touch-up at essencepermanentmakeup.com/appointment.html.