Aftercare

In order to ensure that you receive the very best semi-permanent makeup and achieve excellent results, you will be required to follow our post treatment aftercare advice.

Your skin will be temporarily sensitised after the treatment and you should adhere to the following instructions for the next 10 days. This will help avoid infection and allow time for the skin to recover.

It is important to remember that immediately following your treatment you may experience slight skin sensitivity in the form of tenderness, redness, swelling, flaking, dryness and itchiness. Healing can take up to 10 days and it is perfectly normal for small scabbing to appear on the treated area(s). These should be allowed to fall off **NATURALLY** over a period of a few days (eye and eyebrows: 5-7 days, lips: 3 days). Don't be afraid if you have this period longer or you can't see the scabs coming off.

If at any stage you are concerned don't hesitate to contact your semi-permanent makeup artist for further guidance.

- Please note that the initial colour of the treatment **will be up to 30-40% darker** (depends on individuals and treated area) for between 4-7 days immediately after your procedure. It is also normal for there to be fading of the colour during the first 2 weeks and patchy sections, as the skin is still healing and the pigment will return to the surface after 2/3 weeks. After the tissue heals the colour pigment will become lighter and therefore a retouch will be necessary 4-6 weeks later. It is imperative that no further treatments are undergone to the area in this healing period, as the skin tissues will be undergoing the healing process, which may result in the masking of the true pigment under layers of healed skin.
- Should you experience any swelling to the area, apply an ice pack, only for few minutes, covered with cloth to protect your skin to reduce swelling.
- **For 2 week** post treatment (except eyeliner treatment) it is important to apply a thin layer of the **balm provided by Doris PMU Beauty** with a fresh cotton bud 3 times daily as part of your aftercare to avoid cross contamination.
- **Do not use Vaseline or similar types** of ointments or balms to the treated area. Remember that organic/natural creams can be stronger so are also not advised.
- Do not pick, peel or scratch the treatment area. Whilst some itching is normal throughout the healing process any disturbance to the area could result in unwanted scarring or infection. Avoid any abrasive materials such as rough towels or similar. If small **scabs** appear on the treated area(s), **DO NOT TOUCH THEM**. They will fall off naturally.
- If you apply makeup during the next 5 days following your treatment, you do so entirely at your own risk. Try to avoid it. But if you do avoid the treatment area and using clean brushes and a new mascara or lip gloss/stick on the treatment area, when resuming your daily routine. We advise the use of mineral based makeup.
- Avoid excess exposure to heat, cold, water and direct sunlight.
- You can wash your hair, but **don't get the area overly wet**. If it happens dry it off immediately but not scrubbing movement with a towel.
- Avoid very active sports, gym workouts, jacuzzis, saunas, steam rooms, swimming pools and sun tanning beds **for at least 2 weeks** after your treatment. After the scabbing come off use SPF 15 or higher in the sun and keep your treatment area out of direct sunlight. The UV can modify the colour of the pigment.

- Avoid the use of moisturisers that contain glycolic acid in, as these can fade semi-permanent makeup.
- Don't get facial treatments such as eyelash or eyebrow tinting, plucking, electrolysis etc.
- If you are planning to give blood please inform the practitioner of your semi-permanent treatment and date when it took place, as you may not be able to donate blood for up to four months post treatment.
- If you are required to undergo an MRI or similar medical related scan, chemical peel or cosmetic enhancement please inform your consultant that you have undergone a semi-permanent make up treatment. It is important to remember that certain procedures such as fillers and injectables may alter the shape of your lips and brows. Laser treatment can also change the shade of your semi-permanent makeup so it is important to advise your beauty therapist / medi-aesthetic technician that you have semi-permanent makeup in your pre-treatment consultation.
- Annual maintenance procedures may be required to keep your semi-permanent makeup in pristine condition; individual timeframes vary however it is generally advised to consult with your semi-permanent make-up artist for an annual re-touch between 12-18 months after your initial procedure and follow on re-touch treatment.

*For **EYEBROWS***

Normally this area doesn't puff up like the others.
The pigment will 20-30% darker straight after the treatment and will change colour through the healing period. You will see the right colour after 5-6 weeks.
Don't worry if you find it too light, on the second (correction) time we can always work with darker pigments.
Do not dye, wax, tweeze, or use electrolysis for 2 weeks in the cosmetic tattoo area. You can tweeze outside / around the semi-permanent makeup.

*For **EYELINER***

Eyes will be swollen for a few days. Sometimes both eyes are swollen different, and you will see the treated area in different shape, it is normal. Wait until it heals completely.
Eyes may feel dry or irritated. Don't use any cream or balm on the treated area. Leave it in dry condition.
Your eyelashes may stick together and eyelids appear puffier than usual.
Do not dye, perm, or use eyelash curler for 2 weeks. Do not wear contact lenses during the procedure or for 24 hours after.
Do not use mascara until the scabs coming off, because you cannot take it off without scraping movement.
Have sunglasses available. Eyes may be light sensitive or even dilated immediately after. The sunglasses are also handy for hiding puffy eyes.
If it feels very irritated and puffed up apply an ice pack only for few minutes (avoid damaging your skin) covered with cloth to protect your skin.

*For **LIPS***

Lip treatments similarly may be sensitive and as an extra precaution we advise:

- ✓ Keep lips completely dry from everything.
- ✓ Apply cream (provided by Doris PMU Beauty) 2-3 times a day.
- ✓ Drink through a straw for the first few days.
- ✓ Eat clean, dry foods with cutlery to avoid getting the lips dirty.
- ✓ Avoid spicy and salty foods.
- ✓ No kissing until the scabs are all gone.
- ✓ Try to keep toothpaste off lips while healing, water can touch the lips but avoid them being soaked.

- Do not have teeth bleached while healing.
- Do not apply makeup to the tattooed area for the first 2 weeks. Cosmetics of any kind may interfere with the healing and colour of your tattoo.
- Do not use Vaseline, Neosporin or other petroleum-based products while healing.
- Do not use anti-aging products or facial products containing Alpha Hydroxyls (AHAs), Retin-A, Lactic or Glycolic Acids.
- Do not thread, wax, or use hair removal products on the treated area while healing.
- Do not exercise and/or break a sweat for a few days prior to getting tattooed and for one week after.
- Do not enter swimming pools, jacuzzis or other bodies of water for two weeks.
- Do not soak your face underwater in a bathtub or allow the shower to spray directly in your face for two weeks.

During the peeling process it may look like there is not much colour there. Colour is more apparent by the second week. Final result is not judged for 2 months.
Lips will peel for a week. Other than the message mentioned above, allow it to flake off on its own. Picking and pulling off skin that is not ready to come off will cause pigment loss and can pull out deeper tissue.
Do not excessively stretch lips while they are healing with big smiles, or pucker lips with smoking. Those motions push and pull against the lip edges, applying tension and friction between the strong normal skin surrounding the mouth and the broken inflamed lip edges. Lip skin is a continuation of the delicate mucous membrane in the mouth. It is not strong like normal skin.

If you suffer with Herpex Simples (Cold Sores) the trauma caused by Micropigmentation can cause an outbreak. To help minimise a cold Sore outbreak I recommend getting a prescription from your GP for **Aciclovir** tablets and cream. I recommend taking an anti-viral tablet such as **Aciclovir** for 5 days before your procedure and continue the course for another 5 days after the procedure. Using **Aciclovir** anti-viral cream will also help reduce symptoms.
Online you can buy this (15 day course) tablets on https://www.ukmeds.co.uk/aciclovir. I would recommend to ask gp's opinion first before ordering them online.
The pigment usually (80-90%) stays in the area of the cold sores.

After scabs coming off you feel the area is faded, not asymmetric or not the right colour?

The magic word is **PATIENCE**!!!!!
The right colour will appear 4 weeks after the treatment because of the healing time of the top of the skin (epidermis).
All SPMU treatment happens 2 times (within 3 months!). We can not have 100% result after 1 treatment. Therefore we offer that second time (free of charge) where we correct everything what we are not satisfied with.
If you are happy with the result after the 1st treatment we still advise you to come back for the 2nd time for the correction to make sure everything looks good.

Eyelashes and eyebrows

You may find some eyelashes or hairs sticking in the treated area and falling out with the scabs. Don’t worry as you can see on the photo of the skin structure we insert the pigment just under the epidermis. The hair bulb is healthy underneath.