

# Pre-Care Guidelines for Permanent Makeup

To achieve optimal results and minimize sensitivity during your procedure, please adhere to the following pre-care guidelines:

- **Eat Before Your Appointment:** Have a meal or snack prior to your appointment to help stabilize your blood sugar levels throughout the procedure.
- **Avoid Alcohol and Caffeine:** Refrain from consuming alcohol and excessive caffeine for 24 hours before your appointment.
- **Limit Sun Exposure:** Avoid tanning and sun exposure for at least one week leading up to your procedure.
- **Discontinue Blood-Thinning Medications:** Stop taking blood-thinning substances 24 hours before your procedure. This includes:
  - Aspirin
  - Niacin (Vitamin B3)
  - Vitamin E
  - Advil/Ibuprofen
  - Flaxseed and fish oil supplements
  - Note: Always consult your physician before stopping any medications.
- **Stop Using Retin-A:** Discontinue any Retin-A products at least one month prior to your appointment.
- **Avoid Botox Treatments:** Do not receive Botox injections in the treatment area for at least 4 weeks before your procedure.
- **Be Aware of Menstrual Cycle Sensitivity:** Please note that you may experience increased sensitivity if your appointment coincides with your menstrual cycle.

## Additional Pre-Care Guidelines for Eyeliner Procedures

In addition to the general pre-care guidelines, please observe the following for eyeliner procedures:

- **Eyelash Extensions:** Remove any eyelash extensions at least three days before your procedure.
- **Eyelash Treatments:** Avoid eyelash perming or tinting for at least three days prior to your appointment.
- **Eyelash Growth Serums:** Discontinue the use of eyelash growth serums, such as Latisse, for at least 3-6 months before your appointment, as these can increase sensitivity in the lash line.
- **Eye Makeup:** Please do not wear any eye makeup on the day of your procedure.
- **Contact Lenses:** If you wear contact lenses, switch to glasses for your appointment.