

C A R P E D I E M  
— B E A U T Y —

## Permanent Makeup Aftercare Instructions

### READ THOROUGHLY!

It is essential that you follow these instructions after your Semi Permanent Makeup session:

Day 1 (Day of treatment): 1 hour after treatment, gently clean the area with a very small amount of antiseptic on a cotton pad, just barely damp, NOT wet. Do this every hour today to avoid build-up of blood/lymph on the area.

Day 2: When you wake up, gently wipe the area with a small amount of provided antiseptic on a cotton pad. Be extra careful not to rub the treated area hard, tug or scrub. Do this 2 to 4 more times today to avoid any build-up of blood/lymph.

Day 3: When you wake up gently wash the treated area with lukewarm water and a gentle soap. Using a cotton swab, you may apply a very small amount of Healing Cream to the treated area (very small amount-half the size of a grain of rice per area treated). This is just to add a small amount of moisture – the treated area should not appear greasy, glossy or shiny, if it does, you used too much. Do not use aggressive movement/manipulation of the skin - be gentle. Make sure your hands are clean before touching the treated area.

Day 4-14: Gently wash the treated area when you wake up and before bed, just like on day 3, you may use a drop or 2 of alcohol free witch hazel (added to the damp pad) to clean the area 2-4 times a day. If the treated area feels tight or dry, you may apply an extremely thin layer of the healing cream after cleansing.

The following must be avoided for 10 days post procedure:

- Allowing any water to touch the treated area! No shower stream. Wash face CAREFULLY with a washcloth or cleansing wipes, avoiding the treated area;
- Sweating;
- Exercising;
- Practicing sports;
- Swimming;
- Hot sauna, hot bath, or Jacuzzi;

- Sun tanning or salon tanning;
- Any laser or chemical treatments or peelings, and/or any creams containing Retin-A or Glycolic Acid on the face or neck;
- Picking, peeling, or scratching of the treated area. You will cause scarring of the area or removal of the pigment if you pick or peel scabs prematurely;
- Performing tasks related to heavy household cleaning such as garage or basement cleaning where there is a lot of airborne debris – now is not the time!
- Spicy foods;
- Smoking;
- Drinking alcohol in excess, as it may lead to slow healing of wounds; Driving in open air vehicles such as convertibles, boats, bicycles, or motorcycles;
- Touching of the treated area except for when rinsing and applying the post-care with a cotton swab;
- Do not use any cleansers or facial products of any kind, over the treated area for at least 10 days;
- Absolutely do not use any ointments, antibiotic creams or gels, or vitamin creams over the treated area – it will draw out the pigment.

\*Before showering apply a thick layer of the healing cream to protect the treated areas from moisture. 72 hours post treatment.

During the shower keep your face away from the showerhead. And remove the healing cream gently after the shower.

Please NOTE: Itching and flaking may appear during the first seven days post-permanent makeup procedure.

However, experience has shown that by following these after-care instructions, these symptoms may quickly disappear.

Touch-ups and/or correction of the shape-design is recommended only after 4 weeks. If it is your first procedure please make sure you book your 4 week perfecting touch up, as discussed the results cannot be judged after one session because we never know how the skin will accept the pigment.

## **WHAT TO EXPECT AFTER YOUR SEMI PERMANENT MAKEUP SESSION**

The treated area will go through several phases during the healing cycle.

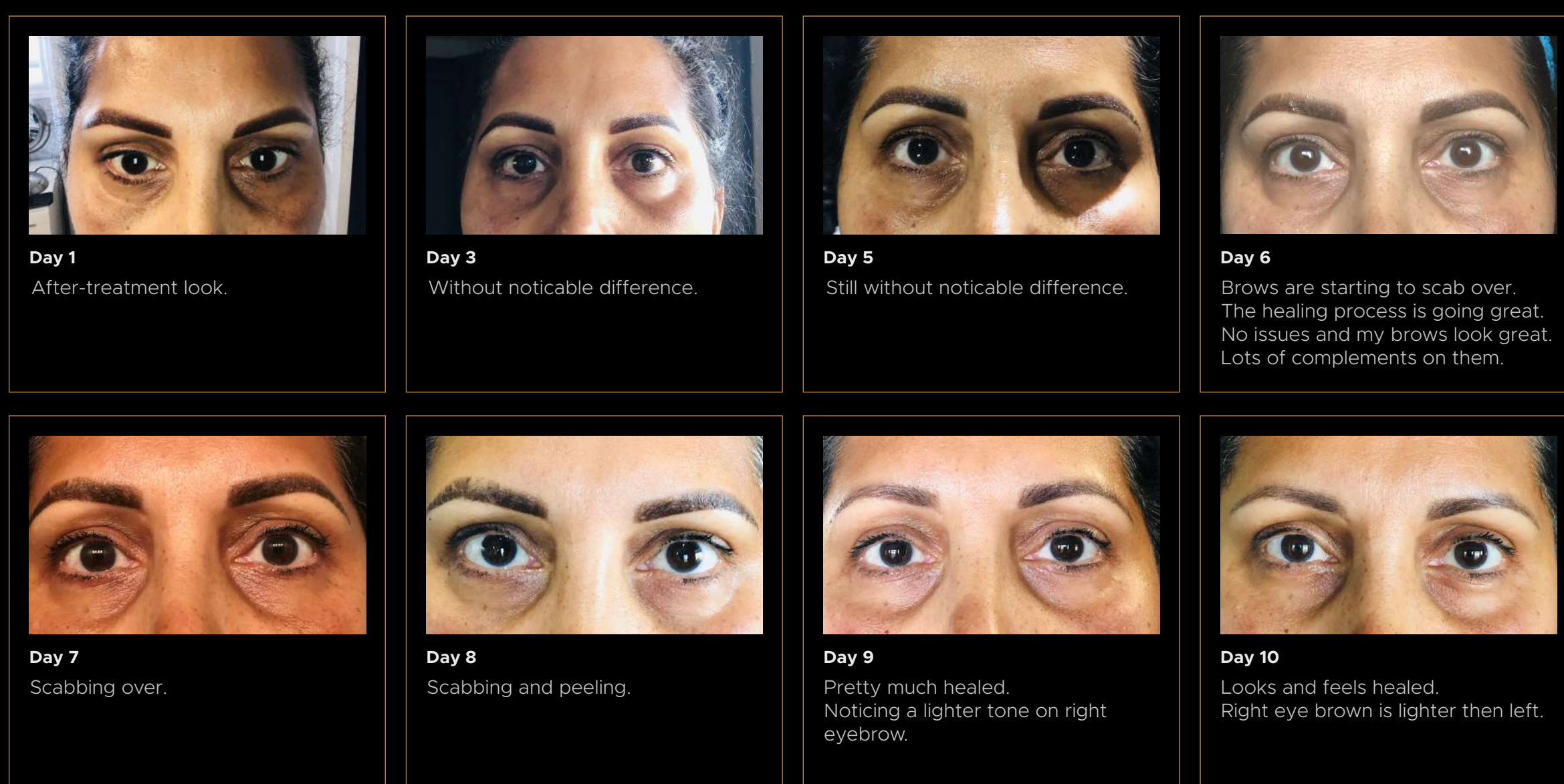
**Days 1-4:** The pigment will appear very sharp and dark. This is because the pigment is still sitting on top of your skin, and has not yet settled in completely. The color of the pigment will soften gradually. Do not be alarmed if you see some pigment on the cotton swab, as this is excess pigment and/or body fluid that is naturally exiting your skin. The treated area may swell and appear larger also.

**Days 5-7:** Once the healing of the skin starts taking place, it will look like dandruff flakes or dry skin. This might give you the impression that the pigment is fading too quickly, however, this is just superficial color and dry skin being naturally removed.

**Days 8-12:** The treated area may look as though the pigment has completely faded – do not panic – take a deep breath and trust the process.

**Days 14-28:** The treated area may still look a little patchy or uneven, but the pigment will start to “reappear” as the pigment settles and the healing continues.

You may get your touch-up/perfecting procedure done at the 6 week point NO SOONER to allow for complete healing of the treatment.



Pro-Tip: Once completely healed, always apply a layer of sunscreen SPF 30 up to SPF 50 on your treated area when exposed to the sun. Sun exposure might cause the color pigment to fade quickly.

If you should have any questions, concerns, please don't hesitate to contact me!

[info@carpediembeautystudio.com](mailto:info@carpediembeautystudio.com)

Sincerely yours,

Carpe Diem Beauty Studio