

Cosmetic Tattoo Home Care Instructions TM Rosalie Pech Cosmetic Tattoo Specialist 0411 199 947

• For the next 2 weeks stay out of swimming pools, saunas, spas, oceans, lakes, salt water and chlorinated water • Wear a UVA/UVB sun block • Read the “Important Information” overpage

Elapsed Time <i>Immediately after</i>	1 – 3 days <i>No soaps, chemicals, cleaners, shampoos at all, on the tattooed area, for the first 3 days</i>		4 – 10 days <i>Don't allow the area to scab Avoid the temptation to pick or scratch!</i>		11 – 21 days <i>Sit back and watch the colour develop</i>		3-6 Weeks	6-8 weeks	3 Months	18 – 36 Months
Treated Area	Aftercare Refer to glossary overpage	Comments	After-care	Comments	After-care	Comments	Comments	Comments	Comments	Comments
Eyebrows <ul style="list-style-type: none"> Wipe gently with damp cotton swabs 3 times in the first hour, then apply aftercare product sparingly A little weeping is normal, and must be removed to prevent scabs from forming 	Use 3 times a day <ul style="list-style-type: none"> Stratamed or Bepanthen or alternate both Painkiller of choice after the treatment, if you need to Ice packs or cold compress may help 	<ul style="list-style-type: none"> Use a cotton tip, apply the THINNEST SMEAR of your aftercare product You may have a little swelling the 1st morning There should be very little after pain. Maybe a headache. No foundation for 3 days! A light dusting with a mineral powder ok, if you can rinse it off with water 	Same, but reduce to 2 times a day	<ul style="list-style-type: none"> About Day 5 you'll experience some flaking, and if you have eyebrow hair, it will look a bit like dandruff in your brows The colour will look quite pale during this period as the new skin grows over The area may feel tingly, this is totally normal 	Continue using twice daily	<ul style="list-style-type: none"> The colour will bounce back a little now, and then subtly change colour every day until about Week 6 You may experience some itchiness 	<ul style="list-style-type: none"> You can keep using your aftercare products, but it's no longer critical The colour will keep changing for a while yet! 	<ul style="list-style-type: none"> All healed Can't wait to see you for your free adjustment! The adjustment appointment will not take as long as the initial treatment. 	<p>NEW TREATMENTS</p> <ul style="list-style-type: none"> Make sure your Free Adjustment has been completed within 3 months; <i>Additional charges apply if deferred for anything other than unforeseen events</i> 	<ul style="list-style-type: none"> How long the colour lasts in the skin is unique to every single person. The factors affecting the longevity of pigments are many and varied.
Eyeliners <ul style="list-style-type: none"> You may look like you've been crying. Lids will feel tender, if you squeeze them together ... Cold Packs 	As required <ul style="list-style-type: none"> Polyvisc Medicated Eye Ointment, if you feel dryness and tightness on the tattoo Antihistamines, if very sinusy 	<ul style="list-style-type: none"> No mascara for 3 days! Usually no after care is required, however, ice-packs may feel wonderful The first morning you will most likely be a bit puffy, and look like you've had a late night, and/or been crying. On the 2nd day you should be back to normal 	Not generally necessary	<ul style="list-style-type: none"> About Day 5 you'll experience some flaking, and a whole row may come off along the lash line. The colour will look quite pale during this period, as the new skin grows over <i>Do not tint lashes, or get eyelash extensions for 2 weeks</i> 	Not generally necessary	<ul style="list-style-type: none"> Your eyeliner will now be fully healed on top, but is still healing underneath. It may feel a little itchy! 	<ul style="list-style-type: none"> Your eyeliner should be fully healed by about Weeks 4-5 	<ul style="list-style-type: none"> At the adjustment appointment we can add the extra length and/or width to finish the look. 	<p>RETOUCH TREATMENTS</p> <ul style="list-style-type: none"> No adjustments are generally required However, please let me know well within this period if the colour doesn't hold well 	<ul style="list-style-type: none"> Cosmetic Tattoo is an art, not a science
Lips <ul style="list-style-type: none"> Your lips will be very bright, and sensitive. Take a painkiller of your choice after the treatment, if you need to. Ice packs or cold compress may help, but only if the lips are no longer numb! 	Use liberally, as required ... <ul style="list-style-type: none"> Stratamed or Bepanthen or Vaseline or Anaesthetic stick, topical Zovirax alternate all Antihistamines may help if you have very sensitive skin, or a nickel intolerance 	<ul style="list-style-type: none"> Immediately after the treatment your lips will look very bright The worst of the discomfort will be in these 3 days Day 1 you'll look a bit like a clown – quite swollen, and feeling somewhat beaten up Day 2 there will still be some minor swelling Day 3 lips should be back to normal size, but still quite tender If you're going to get a cold sore, Day 3 is the day you'll feel that familiar tingle ... 	Same as Days 1-3	<ul style="list-style-type: none"> By Day 5 you should be experiencing quite a big peel, and they will look very pale. Don't panic, the colour will come back! After the top layer of skin comes off your lips should be incredibly smooth. Bonus! ☺ If you were unlucky to have a cold sore attack, you're probably still feeling somewhat miserable. Keep up with the aftercare and Zovirax 	Continue using twice daily	<ul style="list-style-type: none"> By Day 11 your lips should be fully healed, on top. The colour will continue to change colour subtly every day ... enjoy the process, it's fascinating! Get onto using a Lip Balm with an SPF in it, to protect them 	<ul style="list-style-type: none"> By now you should be feeling pretty good about your new look, and the convenience of having a lip shape you love 	<ul style="list-style-type: none"> Your adjustment appointment generally just involves making some minor adjustments to the line Changing colour would incur an additional charge 	<p>RETOUCH TREATMENTS</p> <ul style="list-style-type: none"> No adjustments are generally required However, please let me know well within this period if the colour doesn't hold well 	<ul style="list-style-type: none"> Generally, retouches of colour are recommended between 14- 48 months, depending on the area. The darker and thicker the tattoo, the longer it will last, so blonde eyebrows, and hairstrokes will not last as long as dark brows done in block /powder effect; and black eyeliner will last longer than a paler colour
Beauty Spot <ul style="list-style-type: none"> Wipe gently for the first hour with a damp swab; apply a small dot of aftercare 	Use 3 times a day <ul style="list-style-type: none"> Stratamed or Bepanthen or alternate both 	<ul style="list-style-type: none"> No foundation for 3 days! Use a cotton tip, apply the THINNEST SMEAR of your aftercare product 	Same, but reduce to twice daily	<ul style="list-style-type: none"> The colour will look quite pale during this period as the new skin grows over 	Continue using twice daily	<ul style="list-style-type: none"> The colour will bounce back The spot may be a little itchy 	<ul style="list-style-type: none"> The colour will keep changing for a while yet! 	<ul style="list-style-type: none"> All healed Can't wait to see you for your free adjustment! 		

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Treated Area	Aftercare Refer to glossary overpage	Comments	After-care	Comments	After-care	Comments	Comments	Comments	Comments	Comments
Areola • Change the dressing tonight after a warm shower – no soap! • Then redress the area - refer to Days 1-3 aftercare comments	Use 3 times a day • Stratamed or • Bepanthen or • alternate both	• Use a cotton tip, apply the THINNEST SMEAR of your aftercare product • Cover with a breathable gauze, or cotton rounds, and secure with micro pore tape. • Wear a crop top or boob tube to avoid staining bed clothes and bedding	Same, but reduce to 2 times a day	• About Day 5 you'll experience some flaking over the tattooed area, and the colour will look quite pale • You may still need to keep the area lightly covered with a breathable dressing.	Continue using twice daily	• The colour will bounce back a little now, and then subtly change colour every day until about Week 6 • You may experience some itchiness	• Your tattoo will now be fully healed on top, but is still healing underneath. It may feel a little itchy!	• Your tattoo should be fully healed by about Weeks 4-5	• Refer to notes for Eyebrows, Eyeliner and Lips (overpage)	• Refer to notes for Eyebrows, Eyeliner and Lips (overpage)
Scar Camouflage • May look be quite tender, and/or look like a rash / bite	Use 3 times a day • Stratamed or • Bepanthen or • alternate both	• Use a cotton tip, apply the THINNEST SMEAR of your aftercare product • May need to cover with a breathable gauze to protect clothing and bedding	Same, but reduce to 2 times a day	• About Day 5 you'll experience some flaking over the tattooed area, and the colour will look quite pale	Continue using twice daily	• The colour is still changing – be patient • You may experience some itchiness	• Your tattoo will now be fully healed on top, but is still healing underneath. It may feel a little itchy!	• Your tattoo should be fully healed by about Weeks 4-5	• May or may not required a 2- or 3- treatment to achieve desired results	• Refer to notes for Eyebrows, Eyeliner and Lips (overpage)
Body Tattoo • Will be tender • Keep covered for 2-3 hours, have a shower tonight no soap or chemicals!	Use 3 times a day • Stratamed or • Bepanthen or • alternate both DO NOT ALLOW SCABS TO FORM	• Use a cotton tip, apply the THINNEST SMEAR of your aftercare product • May need to cover with a breathable gauze to protect clothing and bedding	Same, but reduce to 2 times a day	• About Day 5 you'll experience some flaking over the tattooed area, and the colour may look quite pale • Will start to become flaky and itchy – don't scratch	Continue using twice daily	• The brightness will now have faded, and will be fully healed on top. • Use sunblock!	• Your tattoo will now be fully healed on top, but is still healing underneath. It may feel a little itchy!	• Your tattoo should be fully healed by about Weeks 6-8	• Enjoy your tattoo!	• Generally a body tattoo won't need a recolour for many years (10 or more) ... unless there's high exposure to sunlight and salt/chlorinated water, or you've had a tattoo done in pastel colours

Aftercare Products —

- **Bepanthen** – Antiseptic Cream (not the ointment) — *for eyebrows and lips*
Use sparingly. Less is more. Too much can be detrimental to the bonding process
- **Stratamed / Strataderm** — *for eyebrows and lips* — high grade Medical Grade Silicone Gel
- **Polyvisc Medicated Eye Ointment** — *for eyeliner*
- **Ice compresses, or ice packs** - *for all tattoos*
- **Antihistamines** — *may help after eyeliner and lip treatments*
- Any product recommended by your cosmetic tattoo specialist
- If in doubt, ASK! ☺

Do not use!

- Paw Paw Ointment — for at least two weeks
- Antibiotics – please don't self diagnose - CALL ME FIRST! only use antibiotics in the unlikely event that an infection develops. See your doctor first AND get a prescription.
- Any soaps, chemicals, cleansers, shampoos, etc in the first three days of receiving your new tattoo

Important Information about your Tattoo —

- **Exposure to Sun, Salt, Chlorine and Chemicals** –
 - *Exposure to the sun over time can cause fading and colour change*
 - *Wear sun block, or products containing UVA/UVB blocks, and wear sunglasses to protect your eyeliner*
 - *Salt and chlorinated water can cause a bleaching effect – if you can, protect your tattoo with Vaseline*
 - *Chemicals of any kind could interfere with the healing/bonding process, and affect the colour*
 - *Glycolic Acid and face peel products must be completely away from the tattoo*
 - *... continued use could lighten the pigment colours prematurely*
- **Laser Resurfacing** —
 - *If you are having laser resurfacing or laser hair removal after your cosmetic tattoo,, please inform the laser operator of your cosmetic tattoo procedure – hitting the tattoo with laser beams could darken it, or may turn it grey or black!*
- **Call me immediately if any of the following appear on your tattooed areas** —
 - *any unusual redness* — *itchiness* — *prolonged tenderness and swelling* — *lumps*

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