

Cosmetic Tattoo by Rosalie

Pre-Procedure Instructions

Be as healthy as possible before any tattoo

- If you are sick it will slow down the healing process
- Avoid alcohol for 24 hours before a procedure; alcohol in your bloodstream tends to increase bleeding during a procedure
- Make sure you've eaten something and have had enough to drink (not alcohol!) so that you are not dehydrated
- If you bruise or bleed readily, or regularly use Fish Oil, Ginger, Garlic, Ginseng or Ginko, it is recommended that you stop taking these supplements 3-5 days prior; and start taking Arnica Tablets for 3-5 days prior to your treatment

Delicate skin or sensitive areas may redden and swell slightly. It is advisable not to make social plans for the same day, after your treatment, particularly for lip procedures.

Eyebrow procedures ...

- you can wear your normal make-up on the day of your treatment
- bring your favourite eyebrow pencil/s with you
- unwanted eyebrow hair can be removed at your appointment, but you may find it more convenient to have excess hair waxed or removed prior to your appointment.
- if your eyebrows are normally dyed, wait at least 48 hours after colouring before your treatment; and at least 7 days after your treatment, before recolouring.

Lip procedures ...

- you can wear your normal make-up on the day of your treatment.
- bring your favourite lipsticks and/or lipliner/s with you
- if you are susceptible to cold sores / fever blisters / mouth ulcers / the procedure is very likely to activate these conditions. To help prevent or minimise the outbreak, it is recommended that you start using Zovirax Cream (available from the Chemist), for 2 days prior to your treatment, and for the 5 days immediately after.
- **If you suffer from severe cold sores, it is recommended you take a course of Famvir tablets (or similar) the day prior to treatment. These are usually 3 tablets taken all at once, and are available over-the-counter from your chemist.**

Eyeliner procedures ...

- ***please don't wear mascara or eye make-up; but your other make-up is fine.***
- **avoid using waterproof mascara, and oily makeup remover for at least 2 weeks prior**
- eyelash extensions must be removed before your treatment; *do not reapply for 2 weeks*
- if your eyelashes are normally dyed, wait at least 48 hours after colouring before your treatment; and at least 7 days after your treatment, before recolouring.
- discontinue use of eyelash growing/thickening products for 2 weeks post treatment
- if you wear contact lenses, do not wear them to your appointment; and do not wear them for at least 4 hours after your procedure (preferably not for the rest of the day). So, please bring your glasses!
- it is also recommended that you wear your sunglasses after the treatment.

Allergy Testing ...

If you suffer from any metal or chemical allergies we may recommend allergy testing (particularly for lipliner) one week prior to the planned procedure.

I look forward to working with you. If you have any questions, please call me, or make notes so that we can discuss them when you arrive for your appointment.