

## **Permanent Makeup Contraindications**

Under 18

Diabetes type 1 (doctor's approval required if you are insulin resistant)

Uncontrolled High Blood Pressure

Heart disease (requires doctor's approval)

Transmittable blood conditions (e.g., HIV or Hepatitis)

Epilepsy (requires doctor's approval)

Pregnant or Breast feeding

Taking blood thinners (doctor to approve coming off a few days before your procedure)

Taking ARV's

Psoriasis

Allergic to Anaesthetic (e.g. Lidocaine)

Active Herpes outbreak (cold sore)

Auto immune disease (doctor's approval required)

Chemo therapy (6 months after)

Hepatitis (have or had in the past)

Moles, lesions, sores on the area to be treated (Moles on the area should be assessed and/or removed by your dermatologist, and fully healed before procedure)

Keloid or Hypertrophic scarring (a patch test is recommended 4 weeks before)

Liver failure

Flu

Endocrine system diseases

## **CAUTIONS**

You should not take aspirin, ibuprofen or anti-inflammatories from 3 days before.

Do not drink alcohol from the night before your procedure.

No coffee, or exercise stimulants with caffeine (like BioPlus) on the morning of your procedure.

AHAs (lactic, glycol citric, retinoid and tartaric acids) or any OTC (over the counter) creams and lotions for tone correcting, anti-aging and exfoliating, Retin A and Retinols should be stopped 7 days before, and should not be used for 3 weeks after procedures. Using these too soon can cause the pigment to fade.

You should stop taking all vitamin supplements at least 3 days before, and very important to stop taking any Omega 3 supplements, Vitamin E supplements 7 days before, as these thin the blood and can result in excessive bruising and pigment migration.

Don't plan a facial, peel with acids, fibroblast or microneedling within 8 days before your procedure, and 2 weeks after.

You should not take antibiotics during 1 month before procedure.

## **AFTERCARE**

Using inclosed cotton discs with sterile water, slightly swipe off your brows every two hours the day of the procedure and twice a day the next day.

**DON'T USE Hydrogen peroxide or alcohol on a treatment site!**

### **Day 1 – 10 please avoid:**

Getting the treatment site wet

Working out

Touching or picking

### **Over the next 30 days please avoid:**

Direct sun exposure, tanning beds, spray tan

Make up or products on treatment site

Sleeping on the face

Sweating in treatment site

Sauna, Facials & Regenerative creams