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Post treatment care:

During the healing process:

- Contact your physician if you see any signs of infection.
- Use an ice pack to help relieve any pain and swelling.
- Keep the area clean. Blot or rinse off any body fluids to help prevent scabbing.
- Apply vaseline three to five times a day, applied with cotton swab, not your fingers until the area has healed.
- Do not expose the pigmented area to sun, soap, chlorine, hot water, or salt water.
- Avoid strenuous exercise to help keep perspiration away from the pigmented area.
- Keep the pigmented area lubricated with vaseline applied with cotton swab, not your fingers, especially before bathing or showering.
- Do not peel or pick any crusts or scabs that form over the pigmented area.
- Do not rub, scratch, or wipe the pigmented area.
- Do not apply topical cosmetics over the pigmented area.

Special instructions for lip liner, shading, or full lip color:

- Drink through a straw
- Avoid greasy, spicy, acidic, or salty foods.
- Keep toothpaste from contacting your lips
- Do not have your teeth bleached while your lips are healing.
- Touch up fee will be \$150.00 dollars.

Special instructions for eyeliner:

- Do not use an eyelash curler.
- Do not use mascara, (after the area has healed use a new tube of mascara).
- Do not have your eyelashes permed or tinted for at least two weeks after the procedure.
- Touch up fee will be \$100.00.

Special instructions for brows:

- Avoid placing, waxing and electrolysis for at least two weeks after the procedure.
- Touch up fee will be \$100.00.

Special instructions for areolas or scars:

- Leave the pigmented areas exposed as often as possible, this will help speed the healing process.
- Avoid tight, constrictive clothing over the area.
- **After the area has healed:**
- Use a sunscreen year round over pigmented areas, including lips. If you cannot use sunscreen around your eyes, wear sunglasses.
- Do not use chemicals peels, tretinoin (retin-A), exfoliants, or products containing AHAS or other acids on the pigmented area. Check the labels on all your skin-care products, especially any anti-aging products. Since many of these contain AHAS or other acids. If in doubt, check with your micropigmentologist.