

## Timeless Skin Spa POST-CARE INSTRUCTIONS/INFORMATION

\*If you've read through this and still have questions during healing, email or call us. [timeless@timelessskinspa.com](mailto:timeless@timelessskinspa.com) or 408.395.7792

| Eyebrow After-Care   | What you shouldn't do  | EXPECTATIONS             |  |
|--|--|--------------------------|--|
| <p><b>*One of the following will apply:</b></p> <ul style="list-style-type: none"> <li>If instructed, wait 24-48 hrs before starting aftercare. Then, for 1 week, gently wipe with a damp cotton pad or q-tip 2x's a day. After cleaning, use a clean q-tip to apply a very small amount of fragrance-free lotion until healed or no longer dry.</li> <li>For 1 week gently wipe with damp cotton pad or q-tips 2x's a day. If given an ointment (Aquaphor) use a clean q-tip to apply a very light layer for 2 days then switch to a fragrance-free lotion until your skin is healed &amp; no longer dry.</li> <li>For 1 week gently wipe with damp cotton pad or q-tips 2x's a day. After cleaning use a clean q-tip to apply a very small amount of fragrance-free lotion until healed or no longer dry.</li> </ul> | <ul style="list-style-type: none"> <li>Do not over saturate area with water or sweat for 1 week. Take quick showers w/head to back; no saunas, oceans, pools, hot tubs, etc for 2 weeks.</li> <li>Do not pick or pull at excess skin/flakes during healing &amp; peeling stage.</li> <li>Do not wear makeup in procedural area for 5 days.</li> <li>Do not be in direct sunlight for 2 weeks; may apply sunscreen in brows after 1 week.</li> </ul>                  | <b>First 24-48 Hours</b> | Slight swelling and/or redness. Brow appears <b>darker and thicker</b> than when fully healed.   |
|  |  | <b>Weeks 1-2</b>         | Healing & Peeling - Brows will become dry, itchy, flaky & will peel. As peeling finishes color appears lighter & may appear ashy or gray as pigment settles in skin.   |
|  |  | <b>Weeks 3-6</b>         | Actual color & shape reveals. You may wear pencil or powder in areas where pigment didn't take until your 6 week follow-up/detail visit. <b>Don't be alarmed</b> by how much lighter your brows became.  |
| Eyeliner After-Care  | What you shouldn't do  | EXPECTATIONS             |  |
| <ul style="list-style-type: none"> <li>For one week gently wipe with a damp cotton pad or q-tips 2x's a day (am/pm). Do not use ointment or lotion unless advised.</li> </ul>  | <ul style="list-style-type: none"> <li>Do not over saturate area with water or sweat for 1 week. Take quick showers w/head to back; no saunas, oceans, pools, hot tubs, etc for 2 weeks.</li> <li>Do not pick or pull at excess skin/flakes during healing &amp; peeling stage.</li> <li>Do not wear makeup in procedural area for 5 days.</li> <li>Do not be in direct sunlight for 2 weeks.</li> </ul>   | <b>First 24-48 Hours</b> | Slight swelling & redness. Morning of Day 2 is normally when swelling will peak. Liner appears <b>darker &amp; thicker</b> than when fully healed.   |
|  |  | <b>Weeks 1-2</b>         | Healing & Peeling - Liner will appear to come off in flakes or peel. <b>Don't be alarmed</b> how much thinner & lighter in color the liner is.   |
|  |  | <b>Weeks 3-6</b>         | Actual color & shape reveals. You may wear makeup in areas where pigment didn't take until your 6 week follow-up/detail visit.   |
| Lip After-Care   | What you shouldn't do  | EXPECTATIONS             |  |
| <ul style="list-style-type: none"> <li>For one week gently wipe with a damp cotton pad or q-tips 2x's a day. After cleaning &amp; as needed for at least 2 weeks, apply given ointment to prevent normal dryness that occurs during healing.</li> <li>Do drink through a straw &amp; eat carefully to avoid to avoid contact with acidic and spicy food for several days</li> </ul>  | <ul style="list-style-type: none"> <li>Do not over saturate area with water or sweat for 1 week. Take quick showers w/head to back; no saunas, oceans, pools, hot tubs, etc for 2 weeks.</li> <li>Do not pick or pull at excess skin/flakes during healing &amp; peeling stage.</li> <li>Do not be in direct sunlight for 2 weeks; may apply sunscreen after 1 week.</li> <li>Avoid toothpaste on lips; do not use bleaching dental products for 4 weeks.</li> </ul> | <b>Days 1-3</b>          | Swelling & tenderess. Lips appear darker & fuller than when fully healed.  |
|  |  | <b>Weeks 1-2</b>         | Healing & Peeling - Lips are dry & chapped as they heal. Color continues to bloom back & forth in lip tissue.  |
|  |  | <b>Weeks 3-6</b>         | Healing is primarily complete. Although you may continue to see additional color changes based on your body temperature. Lips feel dry for a month or two. Use a good lip balm & sunscreen. <b>Don't be alarmed</b> at how much lighter lip color becomes. |

### FOR ALL PROCEDURES:

- Do not oversaturate procedural area with water or sweat for 1 week. Quick showers with head to back. No saunas, oceans, pools, hot tubs, etc., for 2 weeks.

- Initial swelling, redness, healing, peeling & fading are all normal. Color will be dark & intense at first.

- As needed for swelling control: wash hands, dampen cotton pads with water & place in a sealed bag in refrigerator. Once cooled, place on procedure area 1-3 x's daily for 2 days. Discard after one-time use.

- The initial color of the tattoo is dark & on top of your skin - it will heal, peel & fade no matter what. Keep in mind, topical makeup is placed **on top** of your skin always appearing more vivid than permanent makeup which is placed & heals **under** the skin.

- Don't use exfoliants on areas as they cause fading. After procedural area is healed, SPF use will help prevent fading.

- Please only use what your instructed to- **DO NOT** use poly/neosporin, bacitracin etc. as these may pose allergic reactions or healing issues.