

# Timeless Skin Spa

## Pre-Care Instructions & Information

### PRE-PROCEDURAL DIRECTIONS

*NOTE: Never discontinue the use of any medication that has been prescribed by your physician without his/her consent. Please inform your artist in the event continued use is required.*

#### 2 weeks prior, refrain from:

- Botox (may have 2 weeks after final follow-up /detail visit)
- Latisse/hair growth products (may be resumed 2 weeks after final follow-up/detail visit)
- Lash/brow tinting or perming (may be resumed 2 weeks after final follow-up/detail visit)
- Lash extensions (may be resumed 2 weeks after final follow-up/detail visit)

#### 2-5 days prior, refrain from:

- Blood-thinning products (i.e. alcohol, aspirin-containing products including ibuprofen, baby aspirin, as well as Vitamins A, E and Fish Oil). Tylenol is fine.
- Waxing/Tweezing (may resume 5 days post)
- Electrolysis (may resume 5 days post)
- For lip procedures, if you have a history of cold sores/fever blisters/ herpes **you must** obtain an antiviral prescription medication to help prevent a potential outbreak.

### DAY OF APPOINTMENT

**Eyebrows:** You may bring your own pencil/powder to your appointment. You may arrive with brows already drawn in so I have an idea how you normally wear them.

**Eyeliner:** No contacts during or for 2 days following procedure. Bring glasses if needed. **NO LASH EXTENSIONS.**

**Lips:** For dry/chapped lips use a damp washcloth to exfoliate lips 1-2 days prior and keep moisturized. Take anti-viral as needed.

### GOOD TO KNOW

- Permanent makeup is a multi-session process that may require 1-2 follow-up/detail visits, which occur 6-8 weeks after the initial procedure. Maintenance visits thereafter vary between 1-5 years. Permanent makeup fades over time due to the nature of our skin, body chemistry, skincare products, medications and environment.
- Initial swelling, redness, healing, peeling & fading are all normal. Color will be dark & intense at first. Healing process is usually complete within 7-14 days. Plan social events accordingly.
- You will be asked to not over-saturate 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.
- Permanent makeup will not be performed if you are pregnant or nursing.
- If you are required to be on antibiotics prior to any type of procedure including dental, you must obtain a doctor's clearance letter and/or appropriate medication prior to the permanent makeup procedure.
- You will not be able to wear topical makeup in procedural area for 5 days.

\*Permanent makeup is not an exact science; starting off with a conservative approach allows room to add more. Less is more.

Permanent makeup is not a replacement for your topical makeup - it is a natural enhancement to your features. Many clients will still wear makeup over their permanent makeup and use the permanent makeup as a guideline to follow. (Once healed, permanent makeup is muted and sits under your skin - your topical makeup is on top and will always be more vivid.)

**From Jill, your artist:** My goal is to give you natural looking permanent makeup for a "Timeless" look. Think about your permanent makeup as an enhancement and not a replacement of your everyday makeup. Many clients find permanent makeup convenient for going to the store, school drop off, exercising etc. Heavy, thickly applied permanent makeup won't look like your makeup - it will look like a tattoo. For this reason I prefer a natural look.

During your healing process if you have unanswered questions **or need more information** please contact us via phone at 408.395.7792 or via email at [timeless@timelessskinspa.com](mailto:timeless@timelessskinspa.com)

**TO AVOID ADDITIONAL FEES, PLEASE REMEMBER OUR 48-HR RESCHEDULE POLICY**

## Timeless Skin Spa POST-CARE INSTRUCTIONS/INFO timeless@timelessskinspa.com 408.395.7792

Eyebrow After-Care	What you shouldn't do	EXPECTATIONS	
<ul style="list-style-type: none"> <li>Gently blot the area with a dampened pad for the first couple hours to remove any fluid as needed. For one week in the am/pm gently wipe with a damp cotton pad or q-tip 2x's a day.</li> <li>*If the area itches, you can 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>	First 24-48 Hours	Slight swelling and/or redness. Brow appears <b>darker and thicker</b> than when fully healed.
		Weeks 1-2	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.
		Weeks 3-6	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/water 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>	First 24-48 Hours	Slight swelling & redness. Morning of Day 2 is normally when swelling will peak. Liner appears <b>darker &amp; thicker</b> than when fully healed.
		Weeks 1-2	Healing & Peeling - Liner flakes/ peels. <b>Don't be alarmed</b> how much thinner & lighter in color the liner is.
		Weeks 3-6	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 wees. 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. • Avoid toothpaste on lips; do not use bleaching dental products for 4 weeks.</li> </ul>	Days 1-3	Swelling & tenderness. Lips appear darker & fuller than when fully healed.
		Weeks 1-2	Healing & Peeling - Lips are dry & chapped as they heal. Color continues to bloom back & forth in lip tissue.
		Weeks 3-6	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 color is.

### 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: wash hands, dampen cotton pads with water & place in a sealed bag in refrigerator. Once cooled, place pad on procedure area Discard after one-time use.

- The initial color of 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 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.**