**Post Permanent Cosmetics Instructions for Eyebrow Procedures**

**What to expect right after your procedure**

* You may experience redness, tenderness, or minor swelling in the brow area following the procedure. When the topical anesthetic wears off it may feel a bit sore like a sunburn. This is normal! You may apply an ice pack (wrapped in a clean paper towel or tissue) for 10 minutes every hour if necessary. You may also sleep with your head elevated on an extra pillow if you feel it’s needed.
* Pigment may look very dark after the procedure. Do not worry, color will soften and lighten by 35% to 40% within 5 days.
* You will go home with a layer of ointment over your eyebrows. Do not touch it, try to keep hair out of it.
* Sleep on a clean pillowcase. Pigment residue may stain the fabric. It is advised to sleep on an old clean pillowcase the first few nights.

**What to do for the next 7 -10 days**

* Do not apply makeup to the procedure area! Keep foundations, primers, pencils and powders out of and away from the eyebrows.
* Do not apply skin care products to the procedure area! No serums, moisturizers, scrubs, sunscreens. Healing ointment ONLY!
* Keep the eyebrows dry unless you are cleaning them. You may apply a thicker layer of healing ointment before showering or washing your face to help keep water and products from getting into the area. Tissue off the excess ointment when you’re done.

**Every night (for the next 7 and up to 10 days):**

* First wash your hands thoroughly.
* Run a gauze pad (provided to you) under warm water. Wring out excess water so the gauze is damp but not dripping wet.
* Pat the damp gauze on your eyebrows. Then, with a very light touch, gently wipe (do not scrub) each eyebrow 3 to 4 times with the damp gauze pad.
* Wipe gently for no more than 3 to 4 seconds per brow.
Pat eyebrows dry with a clean tissue.
* Using a clean cotton swab, apply a very thin layer of the provided healing ointment. For most eyebrows, half of a grain of rice on the tip of a cotton swab is enough ointment for each eyebrow. It should not be thick or chunky, just enough to keep the area moist. Overuse of healing products will hinder rather than help the healing process. Your skin needs to be able to breathe!
* Never put the ointment on a wet or damp tattoo.

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**Important reminders**

* Do not use any products that contain acids, AHA, Glycolic, Lactic, Vitamin A, Retinols or similar anti-aging, exfoliating, lightening and chemical peeling products near or directly on the procedure area during healing. These may prematurely lift your color before it’s healed.
* Do not pick, pull or scratch skin in the procedure area during the healing process; pigment may be removed along with flaking tissue and can increase the risk of scarring and infection. Let any scabbing or dry skin naturally exfoliate away.
* Avoid sun tanning (beds and outdoors), saunas, steam baths, sweaty exercise, hot yoga, swimming in fresh water, chlorine pools, hot tubs, or in the ocean; gardening activities, dusty environments and contact with animals until the procedure area is completely healed.
* No facials, chemical peels, enzymes or microdermabrasion for 4 weeks.
* Do not tint eyebrows until the area is completely healed - 4 to 6 weeks.
* Do not use brow growth serums for at least 4 weeks following the procedure. Be aware that it is unknown if the use of these products will cause premature fading of pigments.

**SEEK MEDICAL ATTENTION AND NOTIFY THE STUDIO IF YOU THINK THE PROCEDURE SITE IS INFECTED**

**Signs of infection include: fever, extreme swelling at the site, any green/yellow discharge; or red streaks going from the procedure site.**

**The DO NOT PANIC list for Permanent Cosmetics Eyebrows**

Remember, Permanent Cosmetics are two-step procedures! Final results cannot be determined until your required Touch-Up visit is completed and healed.

* Pigment may look very dark right after the procedure. Do not worry, color will soften and lighten by 35% to 40% within 5 days. Be patient!
* You may experience redness, tenderness or minor swelling in the brow area following the procedure. You may apply an ice pack (wrapped in clean paper towel or tissue) for 10 minutes if necessary. This is normal!
* You may experience an itchy feeling during healing – this is not an allergic reaction to the pigment. Itchiness is a natural part of your skin’s wound healing mechanisms. Remember not to scratch, itch, pick, pull or rub at this time. Any flaky skin will shed on its own. This is normal!
* Some types of skin may see color or hair strokes “disappear” for 7 to 14 days during healing. This is normal as your skin is healing and producing collagen and new skin cells which is overlaying the pigment color. Color will “bloom” and reappear during the healing process. Yes, this is completely normal!

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* You may notice some voids in color, uneven shape, patchy areas, or areas where the pigment has dropped out prior to your touch-up visit. This is normal and will be corrected at your next visit. This is why it’s a two-step procedure! You may fill in any of these spots with a soft pencil or powder by day 10 until your next visit in six to eight weeks.
* Touch-up appointments are scheduled a minimum of six weeks after your initial procedure appointment. This allows the skin to fully heal at the deepest layers to prevent unnecessary trauma. Please do not ask, or attempt use the online booking system, to reschedule your touch-up appointment for sooner than six weeks (the appointment will be rejected and you’ll be asked to schedule a minimum of six weeks out).
* Sometimes a third appointment is required to complete the work. There are many reasons for this and include poor retention of pigment for any reason. This can be because of skin texture and type, age, skin condition, the intentional or accidental picking of the tattoo during healing, rubbing during healing, sleeping with face in a pillow and rubbing out the healing pigment, improper post-care, medications, health conditions such as autoimmune disorders, bleeding during the procedure, sweating, exercising, skin’s rejection of pigment, etc. The reason does not matter, it happens sometimes. No two persons’ skin is the same. All third appointments are charged $200.00 regardless of the cause or reason for retention loss without exception. This covers the cost of supplies, operating costs, and technician’s time.

**The healing process will go through several stages over the next 4-6 weeks, and you will feel like:**

**Day 1**: Wow, I have eyebrows! The brow color looks dark!
**Days 2-4**: Yikes! My brows look darker and thicker, my friends and family might ask about it. I’m not so sure about this. I hope I made the right decision.
**Days5-10**: Oh no, things are flaking off! I remember she told me not to pick at it.
**Days 8-14**: Wait, what’s happening?! It’s so light, has all of it disappeared? Did I do something wrong? I promise I have followed directions! Should I call or email her? No, I remember she told me this was normal. I’ll be patient.
**Days 14 to touch-up**: Whew, that’s a relief! A lot of my color has come back and they look better but they’re still patchy and uneven. I feel like I need my touch-up sooner than the six weeks! But I remember she told me I’m not done healing underneath so I need to wait the full six weeks. In the meantime I can fill in with pencil or powder.
**Touch-up day 6-8 weeks later**: My color was boosted and we made adjustments to my shape. They look great! I love them! I know they’ll be dark again for a few days, and that I have to follow my after-care instructions again until I’m done healing.

**Long term care of your Permanent Cosmetics**

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Sun (UV exposure, including tanning beds) is the #1 enemy of Permanent Cosmetics and will cause premature fading. After the initial healing period, apply sun block regularly and wear a hat during long periods of exposure to help protect it. Tanning beds will quickly and dramatically fade your Permanent Cosmetics!
Skin care products that contain acids, AHAs, Vitamin A, Retinol or similar anti-aging, lightening and chemical peeling products should not be used directly on the procedure area (Example: Glycolic, Alpha Hydroxy and Lactic Acids, Hydroquinone, Retinols, Retin-A or Renova, Benzoyl Peroxide). Check your product labeling and tell your Dermatologist, Esthetician or skin care professional to avoid the area before treatments. It may prematurely fade your pigment color.

Laser procedures for skin resurfacing, tightening, or hair reduction or removal has the potential to negatively alter or fade your Permanent Cosmetics color. Inform your Laser technician about your Permanent Cosmetics so they can avoid the area.
Permanent Cosmetics are “low maintenance”, but not “no maintenance”. You may want to schedule an appointment to refresh your color anywhere between 12 to 24 months after your procedure. We can’t predict when you will need a touch-up appointment – factors such as color choice, your lifestyle, your skin’s unique biology, sun exposure, medications and the natural aging process all determine that.

* iBrow-ology, LLC

Dinal Jones

526-1 Wolfe St

Fredericksburg, VA 22401