

**The following are a few issues that will NOT qualify a person for any permanent makeup procedure;**

- Is currently pregnant or nursing
- Has cancer and are undergoing chemotherapy or radiation
- Steroid Medication and Prednisone (off for at least 2-months)
- Has an open wound present
- Has a bacterial or viral infections
- Using Accutane - must be off for at least 12months

**The following are a few issues that will require a Doctors Note prior to any permanent makeup procedure;**

- Have diabetes and under doctor care
- Have been in remission for cancer for 1-year
- Have high blood pressure
- Using blood thinning prescriptions
- Have seborrheic dermatitis

**The following facial procedures must be avoided 4-weeks before any permanent makeup procedure;**

- No chemical peels of any kind. These include Glycolic, Pumpkin, Alpha Hydroxy Acid, Salicylic Acid, Microdermabrasion, Laser Facials (ablative and non-ablative), Fraxel, Co2, and IPL laser treatments
- You must not use Retin-A or Retinol near the brow area 2 weeks before or after the procedure.
- Cosmetic botox or fillers should be done 2 weeks prior or 2 weeks after.
- Stop using any skin thinners (Vitamin A, glycolic acids, exfoliation) on the brow area 2 weeks prior to your appointment.

### **Pre-Procedure Instructions;**

- Please eat something 20 to 30-minutes before your appointment. This keeps your blood sugar steady and helps you to be more comfortable and less sensitive.
- Avoid any form of caffeine 12hours before your appointment. Caffeine is a stimulant and will heighten your sensitivity and increase blood flow
- If you bruise easily, we recommend taking Arnica before procedure and after. Arnica is available at most health food stores.
- No working out or alcohol within 24-hours of the procedure.
- Any waxing or brow shaping should be done at least 2 days before.
- DO NOT consume alcohol, or take any blood thinners (aspirin, ibuprofen, Niacin 12 hours before your procedure, this will cause excess bleeding and may affect your results).
- We will not be able to tattoo over any blemishes, sores, and moles in or around the brow area.