

Timeless Allure

Dr Tracy A Miller

Permanent Makeup

Micropigmentation Pre-Procedure Information & Care

MANY PERMANENT COSMETIC PROCEDURES ARE A MULTI-SESSION PROCESS. An initial application is often incomplete until after a follow-up appointment, which must be scheduled for 4-6 weeks after your initial appointment.

WHILE YOUR SKIN HEALS, BE PREPARED FOR THE COLOR INTENSITY OF THE PIGMENT IN THE PROCEDURE AREA TO BE SIGNIFICANTLY LARGER, SHARPER, BRIGHTER, AND DARKER than what is expected for the final outcome. This is a **NORMAL** and expected result of the application and healing process. The healing process will take a number of days to complete, depending on how quickly the outer layer of your skin exfoliates and new skin regenerates to take its place.

Since delicate skin or sensitive areas may swell slightly or redden, some patients feel it best not to make social plans for a day or two following any procedure. Wear your normal makeup and bring your lip or brow pencils with you the day of your consult. On the day of your procedure for eyeliner, it is best to arrive with no makeup or cosmetics on your eyes unless it is the first time I will see you. For eyebrow or lip procedures, you can arrive with your normal makeup or cosmetics.

Though extremely rare, infection is a possible complication of any permanent makeup procedure. Always wash your hands before applying aftercare balm. Avoid touching your face as much as possible during the healing period. While healing, never pick at, or touch treated areas except for when applying balm. Notify Dr. Miller if there are any concerns. See your primary care doctor or emergency doctor if you suspect an infection and cannot reach Dr. Miller.

Pre-Procedure Instructions

For ALL Procedures:

- Discontinue Accutane a minimum of **12 months** prior to any permanent makeup procedure.
- Discontinue Retin-A (Renova) **2 weeks** prior to any permanent makeup procedure.
- Do not tan or expose your face to excessive UV for **3 days** prior to your procedure.
- Wait at least **1-year** before donating blood after any permanent makeup procedure.
- No Aspirin, Ibuprofen (Advil) or vitamins that thin the blood (Omega 3/6, fish oil) for **72 hours** prior to your procedure.

Eyebrows:

- No Botox, and Avoid tweezing, waxing, electrolysis, and tinting your brows for **two weeks** prior to the procedure. This will allow your practitioner the most flexibility to achieve optimal results.

Eyeliner:

- **DO NOT WEAR CONTACT LENSES DURING OR IMMEDIATELY FOLLOWING THE PROCEDURE.** Remember to bring your glasses. You may resume wearing your contact lenses as soon as your eyes return to their pretreated condition (this can be several days).
- False lashes, or lash extensions must be fully removed at least **2 weeks** prior to any eye liner procedures, and must remain off for 2 weeks after your eyeliner procedure (this includes 2 weeks before and 2 weeks after the Touch Up procedure(s) as well).
- Do not use growth stimulants such as Latisse®, RapidLash®, Grande Lash®, Babe® or Revitalash® **1-3 Months prior** to and **one week after** your eyeliner procedure. Remember, this applies to touch-up appointments as well as the initial procedure.
- **Do not drink any caffeine or other stimulants the day of your procedure.**

Lips:

- **If you have any history of cold sores / fever blisters / herpes simplex, you must contact your physician to obtain and take the proper prescription medication to prevent such outbreaks.**
Please request one of these four medications from your Doctor's office: Follow your physician's instructions. You will need at least 10,000 mg total for the pre-procedure, treatment and touchup. Generally you will take 1,000mg of the medication for 5 consecutive days. You begin by taking the pills 2 days before your lip procedure, on the same day as your procedure, and then the 2 days following the lip treatment. You will repeat this for the touchup as well.
Valtrex (most commonly prescribed), Famvir, Acyclovir, or Zovirax
- Two or three applications may be required to achieve the desired results. It is not uncommon to lose up to 70% of the color on the first application. If a 2nd Touchup is necessary, you will need to obtain additional antiviral.
- Discontinue use of any lip stains ("All-Day", or "Long-lasting" lipsticks) **1-2 weeks** prior to your procedure. Gently exfoliate daily and keep lips well moisturized.
- No Lip Fillers for **1-3 month** prior to your procedure.

Name (Please print legibly)

Patient Signature

Date

Practitioner Name and Signature

Date

2424 Old US Hwy 6 & 50
SOLA Salon Studio #25
Grand Junction, CO 81505
(970) 640-6462