

Quick Reference

DO NOT USE OR ENGAGE IN:	Before your procedure				After your procedure			
	Brows	Eyeliner	Lips	Removal	Brows	Eyeliner	Lips	Removal
Acutane	12 Months	12 Months	12 Months	12 Months				
Retinoic Acids (Rx form of Vitamin A including Retin-A, Diferin, Adapalene, Renova, Tazorac, etc.)	2 Weeks	2 Weeks	2 Weeks					
Aspirin/Ibuprofen/Nuprin or Vitamins that thin the blood (Omega 3/6, fish oil)	72 Hours	72 Hours	72 Hours	72 Hours	24 Hours	24 Hours	24 Hours	
Alcohol	24 Hours	24 Hours	24 Hours	24 Hours	24 Hours	24 Hours	24 Hours	
Caffeine or any other Stimulants		Day of		Day of if eyeliner				
Eyebrow Tinting, Tweezing, Waxing, Face scrubs, Chemical Peels, Botox, Fillers, or Electrololysis	2 Weeks			2 Weeks	2-3 Weeks			1 Month
Sun Exposure (Direct sunlight, Tanning beds), or Tanning sprays.	3 Days	3 Days	3 Days	No burned skin	1 Month	1 Month	1 Month	1 Month
Growth Stimulants (Latisse®, RapidLash®, Grande Lash®, Babe® or RevitaLash®)	1 -3 months	1 -3 months		1 Week	1 Week	1 Week		1 Month
Lash Extensions or False Eyelashes		2 weeks		2 weeks eyeliner		2 weeks		2wks Liner
Contact Lenses		Day of		Day of if eyeliner		3-4 Days		3-4 Days
Mascara		Day of		Day of if eyeliner		3-4 Days		3-4 Days
Eyelash Curler		Day of		Day of if eyeliner		3-4 Days		3-4 Days
Lip Stains (“long-lasting”, or “all-day” lipsticks)			1 Week	1 Week if lips			1 Month	1 Month
Lip Fillers			1 -3 Months	1 Week if lips			1 Month	1 Month
Tooth Whitening Toothpastes or Treatments			Day of	1 Week if lips			1 Month	1 Month
Possible Irritants (Soaps, Makeup removers, Skin cleansers, Alpha-hydroxyl creams)					1 Month	1 Month	1 Month	1 Month
Sweating as from vigorous exercise					1 Week	1 Week	1 Week	2 Weeks
Excessive Moisture (Spas, Hot Tubs, Pools, Lakes, Oceans, Long showers). This is due to infection potential as well as too much moisture will impede healing					1 Month	1 Month	1 Month	1 Month
Makeup (wearing makeup over an open wound could cause infection)					1-2 weeks	3-4 Days		2 Weeks
Products containing ingredients that will fade implanted pigment (Retinoic acids, Glycolic acids, Peroxides, Neosporin, Exfoliants, Anti-aging product)					Never for best pigment retention	Never for best pigment retention	Never for best pigment retention	
Blood Donation					1 Year	1 Year	1 Year	1 Year

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