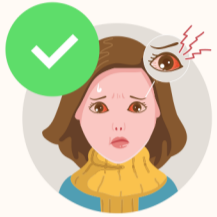
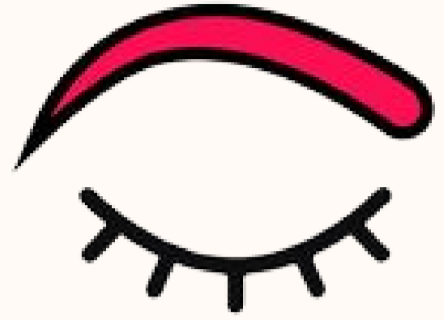


# PMU POST-CARE INSTRUCTIONS



If you have any inflammation, we recommend applying cold (ice packs) for 5 - 10 minutes every hour for the first three hours after the procedure. Ice is used to minimize swelling and provide comfort



Apply RecoverAll over the treatment area 2-3 times per day during the following week or when the area feels dry. Maintaining the hydrated area is essential for color retention, but avoid over-hydration.



You can clean the area with clean cotton with warm water. If water falls directly on your treated area, pad dry and don't rub.



Do not take aspirin, as this promotes bleeding at the treatment sites. The use of over-the-counter medication is recommended for the temporary relief of pain.



Do not remove any scabs or dry areas that may form during the healing process; this may cause you to lose color or damage your skin



Do not use facial creams, exfoliants, or strong cleansers around your eyebrows during the healing process.



Avoid direct sun exposure during the first two weeks and use sunscreen.



You should not smoke or be exposed to cigarette smoke for the first 48 hours as the tone of the makeup may change.

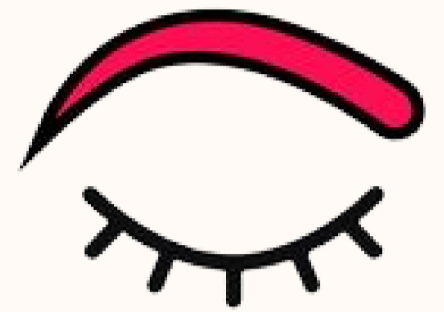


You should avoid contact with chlorinated water (pool) during the first two weeks. Decrease regular work during the first 24 hours.



Do not exercise such as aerobics, dancing, or lifting weights for at least three days after the procedure.

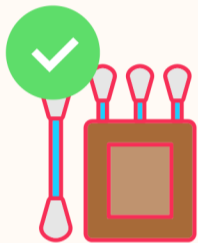
# SPECIAL INSTRUCTIONS



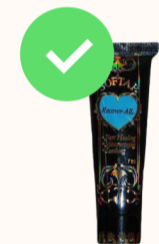
## EYELINER



Use artificial tears, one drop in each eye, each hour during the first day after the procedure.



Clean the area using clean cotton soaked in warm water.



Apply Recover All using a cotton swab and gently dabbing it along the eyelashes of the upper and lower lids



You should expect some swelling of the eyelids and or bruising around the eyelashes during the next morning



Do not wear contact lenses during the procedure. Contact lenses may be resumed in two days



No mascara and eyeliner for the first two weeks or until the pigment scabs are over.



Under no circumstance should the eye shadow powder come in contact with the eyelashes

## LIPS



If you have ever broken out with a cold sore at any time of your life, you carry a herpes virus that can sometimes manifest itself as fever blisters. Fever blisters may occur on the lips following lip procedures in individuals prone to this problem.

To help to prevent this, you should obtain a Zovirax prescription and take it as prescribed by your doctor (usually from the day before the procedure and for five days total)

# IMPORTANT NOTES

The color will become dark immediately and be like that for the next 3-4 days, don't be alarmed; this dark color will fall off or gradually return to the color that was implanted.

In some skin types, some pigment clearance may occur; therefore, if this happens, do NOT be alarmed either, this may be normal, and there will be pigment in the skin a month after the procedure.

If no pigment is left one month after the procedure, it will be necessary to put it back.

You will see the final result a month later. If at that moment you notice that you need a touch-up, it is time to do it, and I will be happy to assist you.

If you do not contact me during the month following the procedure, I will understand that you are satisfied with the result and that the work is finished..

