

THE BROW CLINIQUE

PERMANENT MAKEUP ARTISTRY &
ADVANCED TRAINING ACADEMY



PRE-PROCEDURE CARE INFORMATION

Most cosmetic procedures are multi-session procedures, you may be required to come back for at least one touch-up visit (in 10-12 weeks), before it can be determined that the procedure is complete. Be prepared for the color intensity of your procedure to be significantly sharper/darker than what is expected for the final outcome. It will take time for this transition. Also remember you are a living canvas, and in the field of permanent cosmetics there is a universal equation: *Your Skin Color + Pigment = Result Color*

While these tattooed colors may initially simulate the exact color and tone desired, they will not always remain a perfect match. Tattooed colors are constant, while your own skin color will vary depending on exposure to the elements, lifestyle, beauty regimen, certain medical conditions and medications. The following must be followed without exceptions:

1. Delicate skin or sensitive areas may slightly swell or redden, this is normal however subsides. It is always best to avoid these procedures within days prior to events such as vacations & events.
2. **NO** brow tinting, tweezing, waxing, or shaving should be done in the 72 hours prior to appointment; electrolysis no less than five days before. At 2 weeks you may resume brow grooming.
3. **Do NOT** wear contact lenses the day of your appointment
4. **Refrain** from the use of aspirin, ibuprofen, or other blood-thinning medications, & supplements, for seven days before and two days after procedure. **Tylenol is fine.** *No medication should be discontinued without consulting your physician.*
5. You **cannot** arrive to your appt with tanned skin, tanned skin bleeds - Avoid sun exposure 30 days prior.
6. **NO** Botox, chemical peels, retinols, Retin A's 30 days before & after.
7. You must be off Accutane for 1 year prior.
8. The desired procedure area **must** be free of pimples, irritations, moles.
9. **AVOID** any alcohol & caffeine 48 hours prior - these are blood thinners.
10. **NO** exercising 24-48 hours before your appointment.
11. **NOT** currently taking/recently taken meds such as antibiotics or steroids
12. For all **vaccinations**, a 2 week grace period before/after appt is required

Friendly Reminder - The following are supplements that behave as natural blood thinners which will pose a problem during the tattooing process, and they are: niacin, vitamin e, fish oil, krill oil, ginkgo biloba, turmeric /curcumin, green tea, cayenne, cinnamon, ginger, garlic, grapefruit, THC, CBD oil & several others. Tiny pinpoint bleeding is normal, and typically doesn't pose an issue. However, excessive bleeding will not allow the color to retain or heal well. If you have any questions surrounding the above, do not hesitate to contact us.

The above should not be interpreted as medical advice - please speak to your doctor prior to stopping/starting any medications or supplements.