**Tahoe Lash and Brows By Dr. Amy**

Cosmetic Tattooing Care and Information

Proper care following your procedure is important and required to achieve optimum results. Keep in mind that some intensity of color will be lost, and/or may heal unevenly. This is normal for some procedures, especially after the initial application. This is the reason for the follow up appointment, to fill in any light areas, to go a little darker or thicker if desired, and to adjust shape or color if needed. Please read and follow the directions provided.

1. Wash your hands before touching any treated area
2. Cool packs (not frozen) may be used to reduce swelling. Dampen paper towels or cotton pads with cool water and place in fridge for 30 minutes…cool area for 10 minutes on and 10 minutes off. Cooling the area is most beneficial the first 24 hours. Sleeping slightly elevated may also help reduce swelling.
3. **Blotting your procedure.** We have created a wound and all wounds weep body fluids (some weep more and for a longer period than others). Blotting off these body fluids and excess pigment is critical to a good result and optimum color retention. If these fluids are allowed to remain on the tattooed area and accumulate, you will get heavier scabbing. Heavy scabbing can pull out the pigment which can result in light spots and unevenness of color. Dampen a paper towel with water and blot your new procedure every 15 minutes upon leaving Tahoe Lash and Brows Studio. Continue until weeping has subsided. Blot for the following 3 days 4 to 6 times throughout the day depending on the amount of weeping. If you have eyebrow hair, please make sure you are getting beyond the hair and actually blotting the tattooed skin. Same instructions for eyeliner…make sure you are getting beyond the lashes and blotting the skin. This can be a tender area to blot but it is important that you do. Lips…keep them in their natural position while blotting.
4. **Washing your procedure.** Use a mild cleanser on and around the procedure area. DO NOT use any cleansing products containing acids (glycolic, lactic, or AHA), or any exfoliants. Dial soap, Cetaphyl, and Neutrogena are good choices. Use a very light dabbing touch cleansing your procedure once or twice a day. Make sure you rinse off all cleanser leaving no residue then pat dry. Wait 15 minutes before applying ointment after getting the procedure wet. Never put ointment on a wet or damp tattoo. **Showering.** Do not take an exceptionally hot shower and keep bathroom door open as to NOTcause a steam effect. Keep your face/procedure out of the water while you do your “other shower stuff” first. At the end of your shower wash your hair and rinse back away from your face. Wash your face either avowing procedure or over procedure area with a VERY LIGHT TOUCH. DO NOT let the shower spray hit you in the FACE. Following these shower instructions, your face/procedure will be getting wet at the end of the shower
5. **Ointment.** ONLY USE THE HEALING BALM I PROVIDE FOR YOU…NOTHING ELSE!!! **Lip Procedures,** you may start using your balm immediately following the procedure and continue for 7-14 days, apply several times a day. **Eyebrows,** no ointment for the first **24-48 hours….**until all weeping has stopped. Apply a thin, light coat of ointment 3 to 4 times a day for the remaining of the healing process (5 to 7 days). Always blot off the prior ointment and area before applying a new layer of ointment…this applies to all areas. **Eyeliner,** no ointment for the first **48-72 hours,** after which you apply a very light coat of ointment once in the morning and once in the evening for the following 3 to 5 days. Eyes are very sensitive to ointment so use sparingly. Try to keep the ointment normal contained to the eyeliner above and below the lashes and not in the eye itself. If you feel any discomfort in the eye itself, this is not normal, and you should immediately see an eye doctor and contact me as well. Although it is important to use ointment, using it excessively can starve the skin of air and can result in pigment loss during the healing period so please use sparingly, just enough to moisten. ALLERGIC REACTION IS EXTREMELY RARE BUT POSSIBLE. IF YOU NOTICE ANY BUMPS OR RASH OR THINK YOU MAY BE HAVING A REACTION…STOP USING OINTMENT IMMEDIATELY, CLEANSE AREA AND CALL ME.
6. Absolutely NO pet grooming, gardening, dusting, dirt biking or anything that cause dust dirt or dander for a minimum of 72 hours. Waiting 5 full days is best. Wearing glasses outdoors is a good way to protect healing eyeliner. NO EXCERCISING FOR 10 DAYS…NO EXCEPTIONS. DO NOT DO ANY ACTIVITY THAT CAUSES SWEAT IN THE AREA OF THE PROCEDURE OR YOUR FACE TO HEAT UP AND TURN RED. ABSOLUTELY NO LAKE ACTIVITIES. DO NOT GO TO LAKE OR BEACH, NO HORSEBACK RIDING, NO CAMPING OR RIDING ATV’S. NO NOTHING OF THIS SORT. DON’T DO IT STAY OUT OF THE SUN! KEEP IT PROTECTED AND KEEP IT CLEAN! TLC FOR YOUR NEW PROCEDURE.
7. During your healing process DO NOT expose your new procedure to chemicals, hot tubs, saunas, direct shower spray, hot water, saltwater, chlorinated pools, lakes, or ponds. Direct sun exposure and tanning beds should be avoided indefinitely…both are counterproductive to the cosmetic procedure.
8. Absolutely NO topical makeup on the healing procedure(s) for a minimum of 5 days. Topical makeup can be bacterial and your new procedure(s) need adequate time to heal to avoid infection and/or irritation. You may apply your makeup around the new procedure area but avoid applying ON the healing areas. After any eyeliner procedure, please USE A NEW MASCARA. DO NOT USE an eyelash curler for 2 weeks as this instrument pulls the eyelashes and the tissue containing the eyeliner pigment that surrounds the lashes. You must allow the eyeliner to heal before stressing the tissue in this area. No CONTACT LENSES FOR 5 FULL DAYS. No tweezing or waxing the eyebrows for 10 full days. **NO FACIAL, PEELS OR ANY OF THAT FACE STUFF FOR TWO FULL WEEKS!**
9. Some tenderness, puffiness (even bruising), redness, and itching is quite normal for the tattoo healing process. DO NOT PICK, PEEL, OR SCRATCH the treated area as this could result in your color healing uneven, as well as the risk of scarring and infection.
10. **Lips.** The first 3 days drink through a straw, avoid salty, spicy, or oily food. Use a natural toothpaste. DO NOT use toothpaste with bleach, peroxides, chemicals, and abrasives. These agents are not good for healing color.
11. Lastly…RELAX. Don’t worry about a thing. It’s just a tattoo that will lighten, soften and heal in a matter of days. Do exactly as I have advised you to do OF what not to do and all heals well. Complications are extremely rare and almost all the time…my work heals awesome!

**HEALING AGENDA**

**Lips**

Day 1-2 Swelling, tender heavy thick and bright lipstick appearance. You may experience discomfort in the lips.

Day 3 Less swelling, pigment appears as a thick texture…crusty. Peeling process begins on this day

Day4 Peeling begins or continues from the 3rd day. The pigment may all or most of the way by this day. The lips have gone without

 Moisture directly on the lip tissue so they will feel very chapped. Keep moist with ointment at all times.

Day 5 Very chapped lips. You are almost finished with the first chapping state (there are two during the healing process).

Day 6 You will begin to see a soft version of the color start to appear.

Day 7 Lip color may or may not disappear. They may appear to be “frosty”. This is the second chapping process. There may appear

 to be a grayish or whitish haze over the lips. This may continue for up to 13 days.

Day 14 Color starts to really bloom from within more and more each day. The lips are starting to re-hydrate allowing the color to show.

Day 30 The healing process is primarily complete. The color you see now can be considered your permanent lip color. Lips may

 remain dry for up to 2 months, use a good lip balm and sunscreen and they will soon return to normal. If a touch up is needed,

 8 weeks of healing is required. Some may not experience a prolonged frosting stage and will see lots of color by the 7th day.

 Note…you may see changes in your lip color based on your body’s temperature. When your body is colder you may see less

 Color. When your body is warmer you may see more color, brighter and more vibrant.

**Eyebrows**

Day 1-3 Your eyebrows are about 15 to 20% darker than what they will heal to be. They will also appear thicker and darker than what

 we drew on. This is due to oxidation and swelling. Don’t be concerned with the darker, thicker appearance, this is part of the

 healing process. You may also have redness that will subside within the first 48 hours. Start ointment after 24 hours to 48

 hours. Don’t forget to blot off excess fluids.

Day 4 The peeling process begins. The dark outer color will start peeling off revealing the softer lighter color. Keep moist but don’t

 overdo it.

Day 5-8 Dark outer color finishes peeling off. The color is lighter and softer, and the brows themselves are a little thinner. The color

 May have a grayish or ashy tone for a few days until the color clarifies. It could appear that you are missing color and have

 light areas at this time due to layers of dry skin over the new pigment. Give your eyebrows 3 full weeks to heal and for color to

 fully bloom. Use ointment no longer than 10 days.

**Eyeliner**

Day 1 You will have anywhere from slight to heavy swelling. This depends on the amount of histamines in each client’s body. You

 may have bruising. You may appear as though you have been crying or have allergies. The eyeliner will appear thicker and

 darker than what it will heal up to be. No contact lenses for 5 days. No Visine.

Day 2 The morning of day 2 is most likely when the swelling will peak. Plan to use your cool packs! The darker and thicker

 appearance lingers, and the area will feel tight and tender.

Day 3-4 Less swelling. The eye tissue still feels tight and somewhat drawn. The peeling process begins. Start ointment in 48-72

 hours. Some feeling of pinching and itching is quite normal, the ointment will help relieve this feeling.

Day 5-7 Dark outer color continues to flake off and you will see a softer, thinner eyeliner. Color may look grayish or ashy until color

 Clarifies. You can go back to wearing contact lenses at day 5. NOTE: Wait 8 WEEKS before applying eyelashes or eyelash

 Extensions as well as using Latisse or any other like products. **Latisse and other like products have been documented to**

 **lighten the tattoed color on some occasions.**

All Procedures are conducted in accordance with Occupational Safety and Health Administration (OSHA) blood borne pathogens standards. Once you leave my facility it is important to follow after care instructions to avoid complications. Tenderness to the area is expected. This is a would that must heal. Complications are extremely rare, however, if you observe any conditions that are not consistent with the healing agenda descriptions above, such as any sign of infection, puss, red streaks stemming from the treated area, eyeball irritation, or abnormal discharge or conditions, contact your doctor for treatment and advise me as soon as possible at 530-545-1354. Thank you for choosing me as your cosmetic permanent makeup artist. I look forward to a long and wonderful relationship with you!