Timeless Skin Spa
Pre-Care Instructions & Information

PRE-PROCEDURAL DIRECTIONS

NOTE: Never discontinue the use of any medication that has been prescribed by your physician without his/her consent. Please inform your artist in the event continued use is required.

2 weeks prior, refrain from:
• Botox (may have 2 weeks after final follow-up/detail visit)
• Latisse/hair growth products (may be resumed 2 weeks after final follow-up/detail visit)
• Lash/brow tinting or perming (may be resumed 2 weeks after final follow-up/detail visit)
• Lash extensions (may be resumed 2 weeks after final follow-up/detail visit)

2-5 days prior, refrain from:
• Blood-thinning products (i.e. alcohol, aspirin-containing products including ibuprofen, baby aspirin, as well as Vitamins A, E and Fish Oil). Tylenol is fine.
• Waxing/Tweezing (may resume 5 days post)
• Electrolysis (may resume 5 days post)
For lip procedures, if you have a history of cold sores/fever blisters/herpes you must obtain an antiviral prescription medication to help prevent a potential outbreak.

DAY OF APPOINTMENT

Eyebrows: You may bring your own pencil/powder to your appointment. You may arrive with brows already drawn in so I have an idea how you normally wear them.
Eyeliner: No contacts during or for 2 days following procedure. Bring glasses if needed. NO LASH EXTENSIONS.
Lips: For dry/chapped lips use a damp washcloth to exfoliate lips 1-2 days prior and keep moisturized. Take anti-viral as needed.

GOOD TO KNOW
• Permanent makeup is a multi-session process that may require 1-2 follow-up/detail visits, which occur 6-8 weeks after the initial procedure. Maintenance visits thereafter vary between 1-5 years. Permanent makeup fades over time due to the nature of our skin, body chemistry, skincare products, medications and environment.
• Initial swelling, redness, healing, peeling & fading are all normal. Color will be dark & intense at first. Healing process is usually complete within 7-14 days. Plan social events accordingly.
• You will be asked to not over-saturate procedural area with water or sweat for 1 week. Quick showers with head to back. No saunas, oceans, pools, hot tubs, etc. for 2 weeks.
• Permanent makeup will not be performed if you are pregnant or nursing.
• If you are required to be on antibiotics prior to any type of procedure including dental, you must obtain a doctor’s clearance letter and/or appropriate medication prior to the permanent makeup procedure.
• You will not be able to wear topical makeup in procedural area for 5 days.

*Permanent makeup is not an exact science; starting off with a conservative approach allows room to add more. Less is more.

Permanent makeup is not a replacement for your topical makeup - it is a natural enhancement to your features. Many clients will still wear makeup over their permanent makeup and use the permanent makeup as a guideline to follow. (Once healed, permanent makeup is muted and sits under your skin - your topical makeup is on top and will always be more vivid.)

From Jill, your artist: My goal is to give you natural looking permanent makeup for a “Timeless” look. Think about your permanent makeup as an enhancement and not a replacement of your everyday makeup. Many clients find permanent makeup convenient for going to the store, school drop off, exercising etc. Heavy, thickly applied permanent makeup won’t look like your makeup - it will look like a tattoo. For this reason I prefer a natural look.

During your healing process if you have unanswered questions or need more information please contact us via phone at 408.395.7792 or via email at timeless@timelessskincare.com

TO AVOID ADDITIONAL FEES, PLEASE REMEMBER OUR 48-HR RESCHEDULE POLICY
### Eyebrow After-Care

**What you shouldn't do**
- Don't pick or pull at excess skin/flakes during healing & peeling stage.
- Do not wear makeup in procedural area for 5 days.
- For 1 week gently wipe with damp cotton pad or q-tips 2x's a day. After cleaning use a clean q-tip to apply a very small amount of fragrance-free lotion until healed or no longer dry.
- Do not over saturate procedural area with water or sweat for 1 week. Take quick showers w/head to back; no saunas, oceans, pools, hot tubs, etc for 2 weeks.

**EXPECTATIONS**
- Slight swelling and/or redness. Brow appears darker and thicker than when fully healed.

**Eyeliner After-Care**

**What you shouldn't do**
- For one week gently wipe with a damp cotton pad or q-tips 2x's a day (am/pm). Do not use ointment or lotion unless advised.
- Do not over saturate area with water or sweat for 1 week. Take quick showers w/head to back; no saunas, oceans, pools, hot tubs, etc for 2 weeks.
- Do not pick or pull at excess skin/flakes during healing & peeling stage.
- Do not wear makeup in procedural area for 5 days.

**EXPECTATIONS**
- Slight swelling & redness. Morning of Day 2 is normally when swelling will peak. Liner appears darker & thicker than when fully healed.

**Lip After-Care**

**What you shouldn't do**
- For one week gently wipe with a damp cotton pad or q-tips 2x's a day. After cleaning use a clean q-tip to apply a very small amount of fragrance-free lotion until healed or no longer dry.
- Do not over saturate procedural area with water or sweat for 1 week. Take quick showers w/head to back; no saunas, oceans, pools, hot tubs, etc for 2 weeks.
- Do not pick or pull at excess skin/flakes during healing & peeling stage.
- Do not wear makeup in procedural area for 5 days.
- Do not be in direct sunlight for 2 weeks.

**EXPECTATIONS**
- Swelling & tenderess. Lips appear darker & fuller than when fully healed.

*For ALL PROCEDURES:*
- Do not oversaturate procedural area with water or sweat for 1 week. Quick showers with head to back. No saunas, oceans, pools, hot tubs, etc., for 2 weeks.
- Initial swelling, redness, healing, peeling & fading are all normal. Color will be dark & intense at first.
- As needed for swelling control: wash hands, dampen cotton pads with water & place in a sealed bag in refrigerator. Once cooled, place on procedure area 1-3x's daily for 2 days. Discard after one-time use.

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*If you've read through this and still have questions during healing, email or call us. timeless@timelessskinspa.com or 408.395.7792*