



## A Healing Point Acupuncture Center, PLLC

1329 Howland Blvd., Deltona, FL 32738

PH: 407-476-1818 Fax: 321-275-4848

www.AHealingPointAcu.com

### PERMANENT MAKEUP AFTERCARE CLIENT INSTRUCTIONS

Careful aftercare is very important for producing a beautiful and lasting results for any Permanent Makeup Procedure.

It's important not to get the treated area wet during the healing process of a minimum of (7 days).

7 days is a safe estimate for the healing process. However, individual results may vary. Keep water off the area including sweating, sauna & hot showers over the tattooed area.

Use the ointment provided or any clear triple antibiotic ointment such as Aquaphor or A&D ointment for 7-14 days. **Please take Daily & Weekly Images of your procedure and forward** to the office at **407-476-1818** and or via E-Mail to **FrontDesk@AHealingPointAcu.com**

All images will be retained on file as documentation of your healing process, failure to comply will void included touch-up procedure!

When applying ointments the following procedure is done: Each morning and night before a shower for the full seven (7) days: Apply a pea size amount of ointment for the area. Leave it on while in the shower or working out (only after 7 days can an individual resume workout routines). It is very important to keep the area covered with ointment while in shower or during a strenuous workout to prevent moisture from penetrating.

#### Remove ointment per instructions below:

After shower or workout, use a dry tissue to wipe gently across the areas once to get off the excess ointment. When light flaking or scabbing appear:

**DO NOT WIPE, DO NOT SCRAPE, DO NOT PULL OFF, OR SCRATCH OFF,**

**ONLY DAB/PAT DRY**

You must be GENTLE, DO NOT Pull off scabs prematurely, The area should remain dry all day and night. Following this procedure will ensure the formation of thin scabs thus more color retention. KEEP OUT of the SUN for FULL SEVEN (7) Days. Then after 7 days wear sunscreen to aid in the longevity of your procedure.

As instructed apply the topical Aquaphor or A & D ointment with freshly washed hands or Q-Tip. **NEVER touch** the procedure area without washing your hands immediately before. **DO NOT SCRUB, RUB or PICK** at the epithelial (skin) Crust that forms. **Allow it to flake off by itself.** If it is removed before it is ready the pigment underneath could be pulled out.

**DO NOT use any makeup on the area before the healing process is complete!**

After the healing is complete, you may go back to your regular cleansing and makeup routines. AVOID scrubbing the area or use of any EXFOLIANTING Products on the area until completely healed. USE SUN BLOCK 30+ after the procedure has healed to protect the area from fading.

**FAILURE TO FOLLOW AFTER-CARE INSTRUCTIONS MAY ULTIMATELY AFFECT PIGMENT LOSS, DISCOLORATION, AND OR INFECTION.**



## WARNINGS:

- **Do not use** any Retin-A, Alpha Hydroxy or Glycolic Acids, Face Creams, Exfoliators, Harsh Cleansers or Makeup on the area of procedure for a minimum of 14 days!
- **Do not** scrub or pick treated areas! **Do Not expose** area to the sun and or tanning bed for a minimum of 14 days!
- **Avoid** saunas and or swimming pool for a minimum of 14 days!
- **Do Not** **DYE, TINT, TWEEZE, WAX, or THREAD** the area for 2 weeks (14 days) after the procedure.
- **No** **facials, botox, microdermabrasion, laser or chemical peels** for 4 weeks after the procedure!

## What is normal?

Mild swelling, itching, light scabbing, light bruising and dry tightness. Ice packs can be used for swelling and bruising. Aftercare ointments work well for scabbing and tightness.

Too dark and slightly uneven appearance. After 2-7 days the darkness will fade. and once any swelling dissipates unevenness usually disappears. If it is too dark or still a bit uneven after 4 weeks then we will make adjustments during the touch up appointment in 30 DAYS.

Color change or color loss. As the procedure area heals, the color will lighten and sometimes seem to disappear in places. This can all be addressed during the touch up appointment which is why touch up is necessary. The procedure area has to heal completely before we can address any concerns. Total, complete healing takes about four weeks. We recommend the first touch up 30 days after the first session.

Then, Touch-ups every 1-2 are recommended to keep them looking fresh and beautiful. A touch up may be needed 6 months to 1 year after the first touch up procedure depending on your skin, medications, and sun exposure and products used. **Future touch up sessions will cost the current touch up rate at the time you have it done.** If most of the shading, hair strokes, or coloration has faded, the entire procedure will need to be repeated. This will also cost the current touch up rate at the time of scheduling. A consultation may be necessary to determine if you need a touch up or a repeat of the entire procedure.

**Caution:** If the skin around the area experiences any rash or small pimples, this is usually a reaction to the numbing solution and should go away by itself in a couple weeks. Please. don't pick or scratch the area.

**Call immediately (407) 476-1818** if this occurs so proper documentation of the reaction can be done and follow up appointment made to ensure this is not a more serious situation.

**Client Name (Print):** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Client Signature:** \_\_\_\_\_