ReVivalife Permanent Cosmetics Care

**Permanent Makeup Aftercare**

* Keep the area moist with the ointment we provide for the first week.  It is a balm made of lavender and other healing components.
* Avoid makeup on that area for that week.  If you have to wear makeup, make sure it is brand new as using makeup too early can cause an infection.
* Only touch the procedure area with freshly clean hands or q-tips.
* You can wash the procedure area lightly 3-5 times a day with only water and a washcloth.
* Rinse your eyes with saline if needed.
* Spray the area with colloidal silver ( this helps cells repair faster and prevents infection) This can be sprayed in your eyes and on the area 7 times a day. This can be purchased at Walgreens or most pharmacies.
* Put your ointment on 7 times a day. If you run out of the one I give you, you can use Aquafor, Bag Balm, A&D Ointment, or petroleum jelly.
* Your makeup does scab and with keeping it moist, the scabs will slide off.  It’s normal to have some color or scabs come off every time you wash your face.
* Do not use hot water, lotion, or soap for the first week,

**How to Prepare for your Procedure**

Following these guidelines will ensure that you have the best result from your permanent makeup procedure.

**What Not to Do:**

* Don’t drink any caffeine or have sugar the morning of your procedure as this makes your nerve endings more sensitive and prevents you from numbing as well.
* Do not take any ibuprofen, fish oil, or aspirin for **10 days** before you come as these products thin out your blood, which will make you bleed.  Permanent makeup is not supposed to bleed. If you bleed, your eyes or lips swell and can cause bruising. Bleeding also pushes the ink out so it doesn’t stay in as well.

**What To Do:**

* Take allergy medication, like Claritin, the night before and two more times on the day of your appointment. It helps your eyes not to water and your sinuses will feel more normal.
* Take vitamin K, alfalfa pills (Amazon), iron, or prunes for 7 days before you come as this helps you to not bleed or swell and the color will stay in better.  When you do the alfalfa pills, I recommend four in the morning and four at night. I think the vitamin K works the best

**Procedure Specific Guidelines**

**Eyeliner**:  Come with your eyeliner on so I can see how you normally wear it, but don’t wear any mascara. You can bring your eyeliner pencil too.  If you have eyelash extensions either remove them or come when you need a fill.

**Eyebrows**:  Come with your eyebrows drawn on how you like them.  I will reshape them for you to make sure they complement your eyes and face best.  I will make sure you approve before we start. Also, bring your eyebrow pencil so I can match the color.

**Lips**:  Bring your favorite lipstick color or a few that you like the best and I will do my best to match it.  If you have ever had a cold sore, get medication and take it the day before, the day of, and the day after.