**Apply *Skin Candy, A&D, Aquaphor,* or *Vaseline (moisture barrier)* with an applicator stick to the procedure area 3 – 5 x/day for 7 days.**

Your permanent makeup will look heavily pigmented immediately after tattooing. During healing, the epidermis will slough off, lightening the overall effect.

**Notes:**

All tattoos heal, peel, and fade.

Swelling can push pigment out of your tattoo and cause pigment to migrate by spreading under the skin to adjacent areas. **To reduce inflammation**: apply a moisture barrier, then place plastic wrap gently over the procedure area only and apply a cool pack (not frozen) over the plastic wrap for ten minutes each hour until the swelling subsides. Continue cool pack application the following morning until the swelling subsides. Consult your doctor about anti-inflammatory medications.

Do not swim until your permanent makeup is healed. Chlorine and saltwater will remove pigment from open skin.

If you have a pet that walks/sleeps on your pillow, change your pillowcase daily and put your pillow away when not in use. Avoid touching your pet and then touching your eye area.

DO NOT RUB, SCRATCH, OR PICK.

**Showering:** Use transparent visors for all showers during the first 5 days. Use each visor 2x. No Hot-Hot showers.

**For 72 hours**: no mascara, no contacts.

**For 2 weeks avoid the following:**

* **minimize exposure to the sun**
* No direct shower spray
* No saunas
* No exercise
* No swimming

Follow-up visits are optional. If you are pleased with your eyeliner, then you don’t need a follow-up. If you want to add to your eyeliner, please schedule a follow-up appointment within 4-6 weeks online at **riseandshinepermanentmakeup.com**

Due to **swelling and movement during the procedure**, you may need2 appointments to obtain your desired results.

Contact me immediately – 24/7 – with any questions or concerns.