

Cosmetic Tattooing Home Care Post-Treatment Instructions

**Please note: if at any point your tattoo becomes overly swollen, hot and increasingly painful, you should contact your doctor, as these are possible signs of infection. While it is very uncommon, it is always a possibility.*

The tattoo will appear very intense and dark immediately after the procedure, as there will be colour on top of the skin before it heals. Once the skin starts to heal, the colour will fade considerably (semi-permanent should eventually fade completely.) The final colour should not be considered for approximately 6-8 weeks after the final visit, as the skin needs to heal over the tattoo before final colour is considered.

The day of the treatment: **Absorb**

Gently blot the area with clean tissue to absorb excess lymph fluid. Do this every 5 minutes for the full day until oozing has stopped. Removing this fluid prevents hardening of the lymph. If too much lymph fluid builds up, your scabs will be intense and colour will likely not retain.

Days 1-7: **Wash**

Gently wash your eyebrows each morning and night with water and the provided antibacterial soap. With a very light touch, use your fingertips to gently cleanse the eyebrows. Rub the area in a smooth motion for 10 seconds and rinse with cool water ensuring that all soap is rinsed away. To dry, gently pat with a cotton pad. DO NOT use any other cleansing products. Do not wash your face in the shower.

Days 1-7 **Moisturize**

Apply a rice grain amount of aftercare ointment with a fresh cotton swab and spread it across the treated area. Be sure not to over-apply, as this will suffocate your skin and delay healing. The ointment should be barely noticeable on the skin. Never put the ointment on a wet or damp tattoo.

Important Reminders

- ✓ Use a fresh pillowcase
- ✓ DO NOT rub, pick or scratch the treated area. Let any scabbing or dry skin naturally exfoliate away. Picking can cause scarring, infection, or loss of color
- ✓ No facials, botox, chemical treatments or microdermabrasion for at least 6 weeks
- ✓ Avoid hot, sweaty exercise for one week
- ✓ Avoid direct sun exposure or tanning for at least 4 weeks after procedure. Wear a hat when outdoors.

- ✓ Be sure to use sun protection. UV rays will be the first things to fade your tattoo prematurely. Physical barriers will be your best defense (mineral makeup/zinc products or sunglasses), and can be applied after healing.
- ✓ Avoid heavy sweating and long hot showers for the first 10 days.
- ✓ Avoid sleeping on your face for the first 10 days
- ✓ Avoid swimming pools, lakes, hot tubs for the first 10 days
- ✓ Avoid topical makeup including sunscreen on the area, until healed

What to expect during healing



Day 1:
I have new brows!! I think I like them, but they're a little dark!?



Day 2-4:
EEEEK, my eyebrows are too dark and too thick!



Day 5-10:
Oh no! My brows are scabbing and flaking off!



Day 8-10:
Where are my brows? They are light & uneven.



After a few weeks: *My brows are much better! Just a little patchy.*



After follow-up appointment: *My eyebrows are beautiful! I love them!*