



EMMA ELLIOTT

CLINIC & TRAINING ACADEMY

PRE AND POST TREATMENT GUIDELINES FOR PERMANENT MAKE UP

Firstly, I would like to thank you for booking your Permanent Make Up procedure at Emma Elliott Clinic & Training Academy.

PRE TREATMENT ADVICE

WHAT TO DO BEFORE YOUR PERMANENT MAKE UP PROCEDURE

- Avoid alcohol 24 hours prior to your procedure
- If you have recently had Botox or Dermal Fillers, you must wait 2 weeks to have Permanent make up
- Please wash your hair on the day of your procedure as you need to keep the implanted area clean and dry whilst healing
- Do not discontinue any prescribed medication without consulting your Doctor

EYEBROW PROCEDURES

Eyebrow tinting, waxing, threading or electrolysis should be performed at least one week prior to treatment

LIP PROCEDURES

- If you have a history of cold sores (Herpes Simplex) and wish to have lip enhancement, we advise you to contact your GP and ask them to prescribe Oral Herpes medication (Acyclovir tablets)
- Permanent make up does not cause cold sores but if you are a carrier of the virus and have had outbreaks in the past, this treatment may trigger an outbreak
- Waxing and bleaching treatments around the mouth should be performed at least 2 weeks before your lip procedure
- Electrolysis procedures around the mouth should be performed at least 2 weeks before your lip procedure
- Dermal filler procedures in the lips should be performed at least 2 weeks before your lip procedure

EYELINER PROCEDURES

- If you wear contact lenses, please ensure these have been removed 24 hours prior to your appointment and that you have your glasses with you on the day as you will not be able to wear contact lenses for at least 24 hours after the procedure
- Eyelash extensions should be removed professionally at least one week before procedure
- Use of lash serums must be discontinued for at least 8 weeks prior to treatment. Please inform us upon booking if you are using a lash serum. This is very important for the safety of your procedure
- If you suffer with Occular Herpes, please note that unfortunately you will not be able to proceed

POST TREATMENT ADVICE

BROWS

Immediately after treatment, the pigment will look strong, colour will soften once fully healed. All Permanent make up procedures are a two-stage process and you will need to return to the clinic 4-8 weeks after your initial procedure for your top up. This allows us to assess how the area has healed and perfect the treatment. To achieve best healed results, please follow the aftercare instructions for the next 7-14 days.

- It is very important to keep the implanted area clean and dry during the healing process
- Avoid soaps and cleansers over implanted area
- Do NOT use Vaseline
- Avoid steaming showers, saunas or hot tubs and chlorinated water
- Avoid excessive exercising
- Avoid sun exposure for 2 weeks either side of treatment
- Never rub or pick. If area becomes itchy, tap to avoid scratching as this can remove pigment, causing colour loss
- Avoid Retinols/Retin A/Anti-aging creams on the forehead during healing
- After 2 weeks colour remaining is permanent
- Apply a grain sized amount of aftercare cream provided am & pm for 2 weeks

LIPS

- Keep area as dry as possible until all the scabs have flaked off
- Drink with a straw
- When brushing teeth, just pat dry afterwards
- It is impossible to keep lips completely dry because of eating and drinking, but do not get wet in the shower
- Do not pick. If you pick the area, you will remove colour and the result can heal patchy and can cause damage to the lip tissue
- If you suffer with cold sores, continue with Aciclovir medication for 5 days after treatment
- Use the healing balm given to you after the treatment to keep moist. Apply 3 to 4 times daily. Do not over saturate with balm. Blistex cream is also a great as an alternative to healing balm as this works better for most people
- If you get a cold sore outbreak, you can use Zovirax cream on the lips with no detrimental effect to the colour
- Everybody heals at a different rate and some heal as quickly as 4 days, however others can take up to 10 days
- Please be aware that colour will continue to change over the 4 week period, this is when you will see the final result

EYELINER

- Eyeshadow may be applied above the implanted area, being careful not to disturb the treated area. Apply and remove with a Q tip. Mascara can be applied to the end of lashes only