

PMU Aftercare process



From immediately after the treatment for approx. 10 - 14 days:

- Try to keep the area as dry as possible, you can get the area a little wet when washing and showering. Gently hold a clean tissue/ towel on the area to dry, avoid too much friction
- Do not use any facial products or make up directly on the area
- Try not to sleep on your face and alternate sides to prevent too much friction
- Do not attempt to remove any dryness or scabs before it naturally heals away from the treated area (Brows - this might be held in eyebrow hair until gently removed with a spoolie)
- Do not expose the area to direct sun, saunas, sunbeds, hot tubs or steam rooms
- No sweaty exercise for 3 days then minimise for the remainder of the 2 week healing period

BROWS ONLY:

- Apply healing balm from day 3, twice a day AM & PM, until healed by approx. 2 weeks
- No brow tinting, waxing, tweezing, brow serums or laser for 4 weeks after the procedure

LIPS ONLY:

- Apply healing balm several times a day from immediately after until healed by approx. 2 weeks
- A cold icepack can help with any swelling following the procedure
- Drink through a straw for 3 days after your treatment
- Avoid very spicy or salty food for 3 days after
- No kissing (people or animals!) for 5 days after to avoid infection
- No lip plumping products for at least 2 weeks
- Cold sore sufferers - oral medication or Zovirax to be used for 3 days post treatment to prevent an outbreak

EYELINER ONLY:

- You may wish to use an antibiotic eye cream following the service to prevent eye infections, your local Chemist can provide this and advise of how to use it
- A cold ice pack can help with any swelling following the procedure
- Please use a new mascara after 2 weeks of not wearing make up
- No lash serum, lash lift or tinting for 4 weeks after the procedure

PMU Healing - What to expect & what comes next

HEALING PHASES:

- * Day 1: You will love your new Brows/Lips/ Eyeliner! PMU area may be mildly swollen, red, tight, tender or sore, this should subside within 72 hours
- * Day 2 - 5: PMU will appear bolder, darker and sharper by up to 40%.
- * Day 5 - 10: PMU will begin to peel, flake, lightly scab and feel itchy
- * Day 10 - 14: PMU has healed and will look lighter and faded under the new tissue that had grown over the top. You may begin to use make up on the area again and stop your aftercare guidance
- * Day 14 - 21: PMU may look a little grainy, patchy, milky, opaque and much lighter than the results you want
- * Day 21 - 28: Skin is healed, PMU pigment may look a little clearer, darker and the true colour presenting itself until we carry out your 2nd top up session where we fine tune and perfect everything , you will need to follow the same aftercare guidance following this session as well
 - The top up must be completed within 4—12 weeks after the initial treatment or additional charges apply
 - We normally expect 60-70% retention of the colour from the 1st session as the body naturally tries to reject some of it. Everyone's skin heals differently so the outcome will vary from person to person

LONG TERM AFTERCARE:

- * You cannot give blood for 6 months following any PMU treatment
- * Apply Vaseline to PMU when swimming in chlorinated water
- * Avoid applying Retinols, AHAs, anti-aging products and hyaluronic/ glycolic acids directly on or least 1cm from the PMU area
- * Please use SPF 30/50 on the PMU area during sun exposure
- * Avoid tanning creams directly on the PMU area
- * If planning facial surgery or an MRI please inform your Doctor that you have permanent make up