



## Before Cosmetic Tattooing

- It is recommended to eat something before your appointment to make sure your blood sugar levels stay stable during the procedure.
- Avoid alcohol for 24 hrs. before your appointment. Alcohol can thin the blood, which can cause the skin to be hypersensitive and bleed easily.
- Avoid blood thinning medications for 72 hrs before your appointment. This includes ibuprofen, aspirin and fish oil tablets. Please consult your doctor if this is an issue.
- Make sure your face is not sunburnt.
- Do not get brows waxed or tinted for 2 weeks prior to your appointment.
- If considering Botox, it is best to have your brow tattooing done first. If having Botox before your treatment, please do this at least 2 weeks before your appointment.
- If you have been taking acne medications such as Accutane or Retin-A within the last year you have an altered skin condition that will not heal well after the procedure. It's very important that you wait a year before tattooing the skin. Retinol and Vitamin A are very similar and should be discontinued to use a month prior to the procedure.
- If you are pregnant or breastfeeding, please wait until after you have had the baby and stop breastfeeding to have your brow tattooing.
- Apply your numbing cream at home 1 hour before your appointment time. We will remove for you.

## Aftercare

- For the first **5 days** gently apply your aftercare cream to your eyebrows with a cotton tip once a day. Preferably at night before a shower. Be careful not to over-apply, as this will suffocate your skin and delay healing. The cream should be barely noticeable on the skin.
- NEVER put aftercare cream on a wet or damp tattoo. Dry with a tissue if needed.
- Keep your tattoo as dry as possible for the first **10 days**, apart from the aftercare cream.
- Avoid hot, sweaty exercise for the first 10 days.
- Avoid long, hot showers for the first 10 days.
- Do not put skincare, makeup or sunscreen on your brows for the first 10 days.
- Try and stay out of the sun or wear a hat for sun protection instead.
- Avoid face-down swimming and hot tubs for the first 14 days.
- Avoid direct sun exposure or tanning for 4 weeks.
- No facials, botox, chemical treatments or microdermabrasion for 4 weeks.
- Do not rub, pick or scratch the treated area. Let any scabbing or dry skin exfoliate away naturally. Picking can cause scarring or loss of color.
- Repeat the above for your 6 to 8 week touch up appointment.

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[www.breatheskinbodymind.com](http://www.breatheskinbodymind.com)

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