

@REBECCAJAYNE\_PMU

# PRE & POST CARE

PERMANENT MAKEUP



## Pre-treatment

Please read through the following information on the front and back of this form and follow each step in order to get the best possible results.

- Avoid drinking large amounts of coffee, taking ibuprofen, aspirin (unless medically advised) and alcohol the night before your treatment.
- Any waxing, tinting or eyelash perming should be done 48 hours prior to your treatment.
- Avoid any sun exposure for at least 2 weeks prior to your appointment. Your results will be compromised if you have had too much sun exposure prior to your treatment.
- Avoid using retinol products on the skin for 6 weeks prior to your appointment.
- You can not have the treatment if you are pregnant or breastfeeding.
- The week prior to your treatment, please very gently exfoliate and apply a moisturiser to the area daily.
- Ensure you have done your scratch test at least 48 hours prior and have completed your online forms.
- Please inform us if you have any medical conditions, take medications or are Pregnant or Breastfeeding.
- Please fill out all paperwork which will be sent via email.

## Pre-treatment continued

- For lips- If you have ever suffered from a cold sore, no matter how mild or how long ago, we strongly recommend taking Acyclovir or using Zovirax for 5 days before and after your treatment. If you fail to do this, you WILL get a heavy breakout of cold sores that results in poor healing and poor results.

Please exfoliate and moisturize your lips for 5 days leading up to your appointment. You can use a gentle salt/sugar scrub.

- For Eyeliner- Eyelash extensions must be removed at least 24 hours before. If you wear contact lenses please wear your glasses only to your appointment. Do not use any growth serums for a minimum of 12 weeks prior to your appointment.

Growth serums will hugely effect the outcome of an eyeliner treatment and little to no retention may occur.

# SCRATCH TEST

## IN YOUR ENVELOPE YOU WILL FIND

- 2 plasters
- 2 microbrushes
- 2 small plastic containers, 1 small dot of pigment and the other containing a dot of anaesthetic.

## HOW TO PERFORM THE SCRATCH TEST

- Wash your hands thoroughly before you start
- Take the lid off the lancet
- Very gently make a small scratch on both INNER ELBOWS. This must be VERY superficial. You do not need to draw blood or see a visible scratch. The lightest pressure will open the skin enough for a true result.
- Use a microbrush to take out the pigment from the container and rub in to one of the scratches. Apply the plaster
- Use the other Microbrush to take out the anaesthetic from the container. Apply this to the other side. Apply the plaster.
- Wait 24 hours before removing the plaster to check for a reaction.
- If itching or blotches occur, remove plasters and wash thoroughly. You will unfortunately not be able to have the treatment. Please inform us straight away.
- Please watch the video sent by text or access it through the QR code at the back of this leaflet



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## On the day of your treatment

Please read through the following information on the front and back of this form and follow each step in order to get the best possible results.

- You should have already discussed with us if you have any Medical Conditions, or are Pregnant or Breast Feeding.
- Please eat before your treatment to help with blood sugar levels.
- Ensure you allow plenty of time for your appointment.
- Remember not to drink too much coffee before your appointment
- Please arrive on time and on your own to your appointment. We are not permitted to have more than one person in the room at a time.
- Ensure you have done your scratch test at least 48 hours prior and have completed your online forms.
- It's a good idea to bring headphones with your favourite Podcast or audiobook etc. Treatments can take up to 2 hours and it's important to keep as still as possible during your appointment. So even though I LOVE to chat, I will ask you to relax and zone out for the duration of the treatment. This ensures I am able to concentrate as well as making sure your facial muscles etc are nice and still for the precision work I will be carrying out. :)
- If you are having eyeliner, please don't wear eye makeup to your appointment.
- If you are having Eyebrows or Lips, you may wish to arrive wearing your day to day makeup, so that i can see how you like to wear your brows/ lips on a day to day basis. You can also bring your favourite brow pencil, lipstick etc as well as photos of brows, lips you like.

# Aftercare

Please read through the following information and follow your aftercare advice for the best possible results.

- Aftercare is key to the healing of your Permanent Makeup and must be strictly followed. If you pick at them, you will lose colour and will be liable to pay for additional retouches. It can also cause scarring which will be irreparable
- You may notice whiteness or blanching around the area, this is normal and will subside within 2 days.
- You may get swelling, this is normal and will subside within 2 days.
- In rare cases there might be slight bruising, This should last no longer than 1 week.
- Remember your colour may look darker and more prominent or in some cases warmer for 5-7 days on average.
- Avoid any sauna/swimming/heavy exercise until the area has completely healed.
- Do not wear makeup on your treatment area and avoid getting anything other than your soapy water and balm on the area.

## Aftercare

Please read through the following information and follow your aftercare advice for the best possible results.

### EYEBROWS

Day 1 and 2- Thoroughly cleanse your brows with damp cotton pads every 2 hours.

Day 4- 7- Continue to cleanse the brows once in the morning and once in the evening. You may apply a very thin layer of balm to relieve dryness or itching.

### EYELINER

Day 1-7- Gently cleanse with cotton pads and water once in the morning and once in the evening. If the eye area appears puffy, you can apply a cold compress. Do not wear mascara or eye makeup until fully healed

### LIPS

You can apply your balm immediately after the procedure and throughout the day. Cleanse the lips with cotton pads and water prior to applying your balm. Apply before eating and drinking. If you suffer from cold sores, Apply Zovirax 3-4 times per day for 5 days post-treatment. Avoid eating salty or spicy foods for 72 hours.

## Healing

As soon as your procedure is finished, your body will start to heal. The skin will close and you may see a thin crust or flaking. This will protect the area whilst the skin heals. After a few days, the flaking if visible will start to come away, revealing the pigment. You will initially see a much lighter hue of remaining colour. This will change and settle over the next 4-6 weeks. In some cases a true healed colour can not be seen for up to 3 months.

IMPORTANT NOTICE- IF THIS IS THE FIRST TIME YOU HAVE HAD THIS TREATMENT- THIS IS A TWO STAGE PROCEDURE.

Your procedure is not deemed complete until you have had BOTH treatments or we have assessed the results. Your second visit can be taken within 1-4 months. Any treatments after this time will be charged as a colour boost.

COLOUR BOOSTS ARE JUST 1 TREATMENT, any extra retouches will be chargeable

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# Maintenance

It's important to continue to have regular maintenance treatments on your brows. Especially if you have had the 'Brow Shade' treatment as this offers extremely natural results.

It's a good idea to protect your brows with a high-quality SPF which you can purchase from our online portal. Please ask your artist for details and access to the exclusive online portal.

We can also recommend complementary products or services to go with your new treatment, that can prolong the life of your treatment as well as provide different styling options for different occasions.

Please ask your artist for further details.

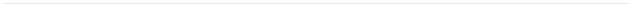
We hope you enjoy your new Permanent Makeup treatment.



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## QR CODE FOR OUR HANDY SCRATCH TEST VIDEO

Open your phones camera and capture the code- If your phone is compatible it will take you straight to our scratch test video.



## TERMS AND CONDITIONS

- You must be 18 years or over to receive a Permanent Makeup treatment
  - Prices are subject to change
  - We require a non-refundable deposit of £50 at the time of making the booking to secure an appointment
  - We require 1 weeks notice when rescheduling an appointment. If an appointment is rescheduled with less than 1 weeks notice, unfortunately, the original deposit will be kept by Rebecca Jaynes and a new deposit will be required for a new booking
  - New treatments require a mandatory retouch that is chargeable. If a third application is required due to skin type, this is also chargeable
  - If you do not have the retouch visit within 6 months (unless otherwise discussed) it will be charged as a colour boost treatment.
  - Colour boost treatments are required every 12- 24 months and usually, only 1 treatment is required. If a retouch is required due to skin type, this will be chargeable
  - Payment is accepted by debit card, credit card or cash- cheques are not accepted.
  - Late arrivals to appointments more than 15 minutes will result in needing to reschedule the appointment.
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Our salon is located at 5 Queens Square, Poulton, FY6 8NP. We are through a glass door, inbetween a mens clothes shop and 'The Hair Studio' and opposite 'Espanol' and 'Agora' restaurants.

There are 3 main car parks near by- The Bull Pub- FY6 7WL, Booths- FY6 7BB and The Elk- FY67SR

## Contact Info

### ADDRESS

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Poulton-le-Fylde  
FY67BW

### PHONE

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### EMAIL ADDRESS

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