

Pre-Treatment Advice

Micropigmentation / PMU Enhancements

Prior to your treatment think about the look that you wish to achieve. I will ensure the correct colours and styles are chosen for you; however, you are part of the decision-making process.

PMU enhancements can require multiple application sessions. To achieve the best results, you will be required to return for a complimentary top-up procedure between 6 and 12 weeks after the initial appointment.

The colour will be significantly sharper and darker immediately after the procedure. This will subside and become softer as the skin heals. This process can take up to 14 days.

* Please inform me of any medications or health issues so we can discuss these

General Pre-Advice

- Do not drink caffeine before your appointment
- Do not take aspirin or anti-inflammatory medication such as Ibuprofen 2 days prior to your enhancement
- Some natural ingredients like ginger, turmeric, and fish oil are blood thinning agents and it is best to avoid these a few days before your appointment
- Do not discontinue any medication before consulting your doctor
- Keep alcohol intake to a minimum 2 days prior to your enhancement
- Do not use 1% Retin A skincare products close to the area to be treated for 6 weeks prior your procedure
- Do not use AHA skincare products close to the area to be treated for 4 weeks prior to your procedure
- Avoid professional chemical peels close to the procedure site for 4 weeks prior to your procedure
- The National Blood Service does not accept donations of blood for 4 months after micro-pigmentation
- Please let me know if you have an MRI scan scheduled

Eyebrow Enhancement

- Waxing and threading treatments - no less than 1 week prior to your procedure
- IPL laser hair removal - no less than 2 weeks prior to your procedure
- Electrolysis treatments - no less than 2 weeks prior to your procedure
- Eyebrow tinting or brow stimulating products - no less than 4 weeks prior to your procedure
- Botox in the brow region - no less than 2 weeks pre procedure

Eyeliner Enhancement

- Eyelash tinting or eyelash perming treatments - no less than 2 weeks prior to your procedure
- Eyelash stimulating/growth products should not be used for **6 months prior** to your procedure as this can cause the pigment to spread in the skin
- Artificial lashes should be removed 1 week prior to your procedure and not reapplied for 2 weeks post procedure
- Do not wear contact lenses during or immediately following your procedure. You may resume wearing your contact lenses 24 hours after the procedure.
- If you have Glaucoma you will not be able to have an eyeliner enhancement

Lip Enhancement

- If you have a history of cold sores (herpes simplex) I advise you to use anti-herpes medication for example Zovirax ointment that can be obtained from a chemist. Use the preparation 1-week prior and 1-week after your enhancement 5 times a day to reduce the incidence of outbreak by 50%. Oral anti-herpes medication (available on prescription) will control the incidence of an outbreak more or less completely. Micro-pigmentation does not cause cold sores, however if you carry the virus, it lays dormant in the nervous system and can be aroused by the infusion process.
- IPL laser hair removal around the mouth - no less than 2 weeks prior to your procedure
- Waxing and bleaching treatments - no less than 2 weeks prior to your procedure
- Electrolysis treatments - no less than 2 weeks prior to your procedure
- Dermal fillers in the lip - no less than 2 weeks prior to your procedure