Preparing for the procedure

Preparation of the skin for permanent pigmentation should start at least one week in advance. At this time, use mild soap or face gel to clean your face. You should avoid oily creams, and use only moisturizing preparations. At least a week before the procedure, do not subject the areas to be pigmented to any care treatment – especially laser waxing or epilation. The skin should be rested and free from irritation. On the day of the procedure, you must not take medicines or substances that dilute blood – avoid aspirin, ibuprofen and other NSAIDs, as well as caffeine and alcohol. You may take calcium and vitamin C. It is advisable to drink herbal tea with melissa.

Each part requires different preparation

**LIPS – VERY IMPORTANT!** To prevent the occurrence of herpes, you should take antiviral preparations prescribed by the doctor (eg.: Heviran 400 – twice a day: for 3 days before and 3 days after the procedure), also when having a correction performed (Δ). It is important that the lips surface should be moisturized and smooth before the procedure (chapped and cracked lips are less likely to accept pigment (Δ)).

**EYEBROWS** – the best non-regulated for about 1 month, as it allows one to choose the shape of the natural line of eyebrows. Eyebrow nutrients should be discontinued one month before the planned pigmentation.

**LINES** – in the case of sensitive eyelids which are prone to swelling, it is worth taking (under the tongue) homeopathic capsules of Arnica or Aescin (herbal pills with chestnut seed extract) before the procedure. If eyelash serum is used, the treatment should be terminated one month before the pigmentation process.

Care of newly-performed permanent make-up

Właściwa pielęgnacja makijażu permanentnego, zwłaszcza w pierwszych dwóch tygodniach od jego wykonania, proper care of permanent make-up, especially in the first two weeks after it has been performed, is crucial for its durability and aesthetic effect. It is during this time that the most intense processes occur in the skin, which must not be disturbed by improper care. It is an invasive procedure and the skin simply needs time to recover from it – it takes about a month to regain full balance, sometimes longer.

In 5-10 days after the treatment the colour of the make-up pales, even up to 50 % of the initial colour, so do not feel alarmed that immediately after the treatment the colour is quite intense, even when the make-up was to be very delicate. The effect of the procedure is strengthened during the necessary correction phase.
After-procedure care

**EYEBROWS**

1. Wash the pigmented area twice a day with gray soap until the scab completely peels off.
2. On the third day after the treatment, additionally cover the area 1-2 times a day with a very thin layer of Alantan ointment.
3. **DO NOT** scratch the scabs
4. **DO NOT** go to the sauna, swimming pool or solarium for one month after the procedure.
5. **DO NOT** apply coloured cosmetics into the pigmented area.
6. Avoid excessive sweating for 7 days (eg.: intense workouts)

**LIPS**

1. Moisten your lips 3-4 times a day with Alantan ointment.
2. Drink using a straw for the first two days to avoid infection.
3. Avoid colouring drinks (coffee, red wine) and spicy dishes.

**LINES**

1. Rinse your eyes gently with boiled water.
2. In case of eye dryness, the pigmented area can be treated with Alantan ointment.

**NOTE!** If you fail to comply with these care rules, discolouration may occur!

After healing:

- Avoid drying and excessive tanning of the pigmented skin.
- Moisten your lips with a lipstick.
- Avoid aggressive peels in the area of permanent make-up.