**Symmetrically Beautiful by Salina**  **Permanent Makeup & Esthetics**

**Permanent Makeup After Care Instructions: Follow These Instructions Until: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* Gently wash area each morning and night with water and an antibacterial soap like Dial Soap or Cetaphil for 5-7 days. (Don't worry...THIS DOES NOT REMOVE THE PIGMENT!) With a very light touch, use your fingertips to gently cleanse the area. Rub the area in a smooth motion for 10 seconds and rinse with water ensuring that all soap is rinsed away. To dry, gently pat with a clean tissue. DO NOT use any cleansing products containing acids (glycolic, lactic, or AHA), or any exfoliants. Once skin is dry, apply ointment recommended by Salina.
* Recommended ointment is Bacitracin for the first 48 hours. After 48 hours you can use the following: Vitamin E, A&D ointment, Aquaphor or Vaseline. You will apply a very thin layer of ointment 2-3 times per day or whenever it wears off for 5-7 days. NOTE: If ointment is not applied and/or not applied frequently, the area will scab which can result in color loss. Keep treated area lightly moist until fully healed. (Approximately 7-10 days). **\*DO NOT USE NEOSPORIN!** Neosporin causes extreme color loss and fading.
* Limit your showers to 5 minutes so you do not create too much steam. Keep your face out of the water while you wash your body, then, at the end of your shower, wash your hair. Your face should only be getting wet at the very last end of the shower. Avoid excessive rinsing and hot water on the treated area.
* Once the full 5-7 days of aftercare protocol is complete, your brows will still be dry, itchy and flaky, it’s essential you keep them moisturized for about another 1-2 weeks. You can use a normal lotion or oils (grapeseed, coconut, baby oil) to keep them moisturized.
* Swelling, slight redness/irritation and light bruising around the treated area may occur up to 48 hours after the procedure was performed
* Let any scabbing or dry skin naturally exfoliate away. Picking can cause scarring or loss of color
* No facials, botox, chemical treatments or microdermabrasion for 4 weeks
* Avoid hot, sweaty exercise for first 72 hours
* Avoid direct sun exposure or tanning for 4 weeks after procedure. Wear a hat when outdoors.
* Avoid heavy sweating and long hot showers for the first 10 days.
* Avoid head under the water with lakes, pools, bath tub and hot tubs for the first 14 days
* Avoid topical makeup including sunscreen on the area for first 7 days
* DO NOT rub, pick or scratch the treated area.

Phone: 520-437-2944 www.symmetricallybeautifulbysalina.com

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