

Before your permanent makeup procedure:

Through my many years of performing permanent cosmetic procedure I have come to realize that taking the time to “prep” before your procedure truly does help not only the process itself, but especially the healing process afterward. Please follow the instructions below for what I believe, will give you the absolute best possible outcome.

Starting 5 Days Prior to Procedure:

- Take Arnica Montana, a homeopathic herbal supplement, 4 pills 4 times per day (let melt under your tongue).
 - Discontinue Vitamin E, Green Tea Extract as well as Cayenne Pepper supplements.

Starting 3 Days Prior to Procedure:

- Eat plenty of fresh (cannot be canned) pineapple.

Starting 1 Day Prior to Procedure:

- If you are scheduled for a lip procedure and have a history of cold sores, start taking the anti-viral medication prescribed for you.

Morning of the Procedure:

- If you are scheduled for a lip procedure start taking the antibiotic prescribed for you.

Latisse:

- If you are a Latisse user, you must stop using this product for a minimum of three (3) weeks prior to your eyeliner procedure.
 - This also applies to touch up and or follow up procedures.

Eyelashes:

- If you have your eyelashes filled in please try and schedule your eyeliner appointment at the end of your lash cycle.

