

Firstly, I hope you are pleased with your treatment and your new look. As I advised in my Pre-treatment Advice the colour intensity you experience will be significantly darker and more defined than the ultimate effect. This is absolutely normal and within 14 days the intensity will soften and lighten as the skin tissue starts to heal. The true, settled colour will be achieved after 6 weeks. The optimum result will be attained after your 'retouch' appointment which takes place 6-12 weeks after your initial treatment.

As advised, in the initial period after the treatment, it is possible for delicate or sensitive areas of the skin to become swollen and reddened. Don't worry, this will subside.

It is essential that you follow the advice below to ensure a perfect end result.

## CARE AND ADVICE - SHORT TERM

- Only apply a very thin layer of the balm supplied to the treated areas if really needed, using a new cotton bud on each occasion, making sure you wash your hands beforehand. But otherwise leave the treated area to flake and dry heal on its own. Do not use Vaseline or other such products during this period.
- Swelling can be reduced by applying an ice pack (protected by a clean cloth) if necessary.
- Keep the area as open to the air as possible by, for instance, tying back hair – this prevents infection.
- To clean your face (other than the treated area) use a mild facial cleanser for the initial 14 days after your treatment.
- Do not touch the treated areas with your hands. You may experience some itching as the area heals but do not be tempted to scratch, peel or pick at the skin as it heals. Allow the skin to flake naturally. I know this can be difficult but you risk infection, uneven colourisation or scarring unless you stick to this advice.
- Do not apply make-up, skin creams, anti-ageing or resurfacing products to the treated area or the surrounding area for at least 14 days after your treatment. It will prevent the skin from breathing and healing naturally and it risks infection. The longer you can avoid such products the better.
- Avoid exposure of the skin to extreme heat or UV rays or to extreme cold for 14 days.
- Avoid getting the treated area wet – if you do happen to get it wet, pat the area gently with a sterile absorbent tissue. Never rub the treated area. In particular, avoid salt water, chlorinated water and direct shower spray. Baths should also be avoided for the first 14 days due to heat and steam. Jacuzzis and saunas should also be totally avoided for 14 days due to the potential high level risk of bacteria.
- Just be sensible and try to keep the treated area as sterile as possible for at least 14 days.

## For Eye Treatments specifically:

- Do not tint or perm your eyelashes for 7 days after your treatment.
- Do not have eyelash extensions applied for 14 days after your treatment.

## For Lip Treatments specifically, for 10 days:

- Apply as much balm as needed to the treated area as often as necessary.
- Continue to apply Zovirax or the medication advised by your doctor for 7 days after your treatment if you are susceptible to cold sores, or you start to develop a cold sore.
- Avoid eating very acidic, spicy and highly salted food products and avoid extremely hot or cold food or drink.
- Drink liquids through a straw.
- Avoid kissing although your partner may be tempted by your new luscious lips!!

## CARE AND ADVICE - LONG TERM

- Avoid using anti-ageing, resurfacing and any similar products on or immediately around the treated area as it will fade any pigment that is in the skin more quickly.
- Always use a good quality sunscreen (SPF 30 or above) to counter the effect of UV rays to avoid fading of the pigment used in your treatment. We have a very good product for this purpose – 'Tattoo Goo Renew – SPF 50+'.
- To keep your treatment looking perfect you will need to have a Colour Boost every 6-18 months. The actual timescale will depend on how your skin holds the pigment. It is best to schedule this into both your diary and mine as soon as possible after your treatment.
- It is advised that you inform your doctor or medical consultant that you have had a permanent cosmetics procedure if you are going to have an MRI scan or other medical procedure or if you plan to have a chemical peel.
- If you are a blood donor you may not be able to donate blood for a certain period after the procedure, so please consult the National Blood Service if you intend to donate blood.
- Skin products including moisturisers can contain glycolic and/or fruit acids. Be aware that such products can fade the pigments used in the treatment and therefore are best avoided.
- Be advised that any cosmetic surgery or anti-ageing injectables (such as Botox and fillers) can alter the shape of your eyebrows, eyes and lips.
- Be advised that if you are contemplating laser hair removal you should advise the laser technician beforehand of your permanent cosmetic treatment so the procedure can be adjusted accordingly. Such treatment can fade and alter the shape of your brow or lip treatment.