

# PMU PRECARE

To assure your skin is in optimum health prior to treatment you can start taking Vitamin C daily as soon as you've booked your appointment. It is also important to keep your face and lips moisturized to assure when the treatment is done it goes more smoothly. If needed, please exfoliate the area to make sure there are no dry marks. I recommend a sugar and honey mix.

Appropriately preparing for the procedure can lessen skin sensitivity and reduce any irritations that may occur.

## FOR 5 WEEKS PRIOR TO YOUR TREATMENT DO NOT:

Use or take any Vitamin A/Retinoid products.

Have Botox or Fillers around the area wanting treatment.

## FOR 2 WEEKS BEFORE YOUR TREATMENT DO NOT:

Tan or spend prolonged time out in the sun.

Undergo any type of Facials or Skin peels.

## FOR 1 WEEK BEFORE YOUR APPOINTMENT DO NOT:

Take fish oil or Vitamin E. Please refrain from using any Vitamin E products on the area to be treated.

## FOR 48-24HRS PRIOR TO YOUR TREATMENT DO NOT:

Work out or undertake forms of physical exercise.

Drink alcohol, coffee or other caffeine products.

Take any pain reliver.

## ON THE DAY OF THE APPOINTMENT:

Apply makeup to area of the treatment. This includes tinted products.

## OTHER PRECAUTIONS:

If you are prone to cold sores, it is critical to take anti-viral medications before your treatment. They can appear due to the trauma of tattooing and affect the healing process.

If you have any conditions or diseases, consult your doctor and check if you are a candidate for the Permanent Makeup.

**It is important to follow these instructions to assure there will be no infections  
and your color will stay.**

**If you have any concerns or questions, please do not hesitate to contact the  
technician.**