

# ZenSations Medical Spa Services

## - Post Care Instructions -

It is important you follow these Post Care Instructions carefully in order for you to achieve the best results possible. Call us **immediately** if you notice anything unusual in your healing process.

### GENERAL (ALL COMPLETE THIS SECTION)

- DO: **Gently** clean any discharge from **AROUND** the pigmented area for the first eight (8) hours using a dampened (not wet) cotton swab. **The immediate pigmented area(s) do NOT get cleansed or wet for the first 72 hours.**
- DO: Gently cleanse **AROUND** pigmented areas for a full seven (7) days before entering the shower.
- DO: Gently apply recommended ointment to the pigmented area(s) four (4) times a day (or as needed) for a full seven (7) days using only a clean cotton swab. Your ointment will be provided to you. Apply only a trace amount to procedure area(s), as you were shown, using only a clean cotton swab.
- DO: Before showering **AT THE END OF THE THIRD DAY**, with a gentle facial cleanser, wash the pigmented areas. Pat areas dry and immediately reapply with the ointment provided.
- DO: Apply a minimum of a 30 Full Spectrum Sun Block to all procedure areas after your seven (7) day healing process is complete. This is a minimal request and will keep your pigment from fading and changing color. This will also help avoid future retouches for all outdoor active clients. Please, *apply every hour while in the sun!*
- DO: **CALL IMMEDIATELY** if you notice anything unusual in your healing process (such as, blisters on the lip area after lip tattooing).
- \*\*\* ALL SERVICES except EYES. On the day of your procedure ONLY. After dinner and before bed, follow these steps.
- 1) gently wipe the area with the Q-tips that were supplied to you and remove any ointment and residue.
  - 2) Apply a layer of Hydrocortisone to the procedure area(s). Let it absorb for 10 minutes.
  - 3) Using a Q-tip remove any excess ointment from the area(s) and around the area(s).
  - 4) Apply the designated topical for each area appropriately.

IS PERMANENT COSMETICS PERMANENT? Yes and No.

Just as with permanent hair color, there are effecting factors. The first and most problematic situations for these two beautification procedures is the sun. The more unprotected sun exposure they are subjected to, the more premature fading and unwanted color tones will be experienced. It is extremely important that when deciding to undergo any cosmetic tattooing procedures, that you are going to practice diligent sunblock application and reapplication daily.

Please understand that future skin altering procedures (such as, cosmetic surgery, implants and injections) can alter or degrade your permanent cosmetic make-up. These changes are not the fault of your Permanent Cosmetic Technician. Further understand that such changes in your appearance may not be correctable through additional permanent cosmetics. It is advisable to have any skin altering procedures done prior to your permanent cosmetics.

It has been found that some *Laser Hair Removers* can turn pigment black. They should be directly avoided.

Extensive studies have been done concerning permanent cosmetics in connection to CAT scans and MRIs. There have been no adverse reactions when having these tests performed, although there have been problems with other cosmetics, such as mascara. When having any of these tests run, please follow all instructions given to you by the Technician and inform him/her that you have had cosmetic tattooing done. This will aid them in reading your tests correctly.

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### LIPS AND EYES

- DO: Fill a plastic baggie with one (1) cup of rice and put it in your freezer. You will need one (1) baggie per area so as to not cross-contaminate and spread germs or possible infection to another area. This will give you a perfect cold compress for any swelling that may occur after your procedure. Apply 10 minutes on / 10 minutes off for one (1) hour only. Make sure you keep the baggie clean at all times so as not to contaminate your procedure area. *Special topical solutions were applied to the direct area during the tattooing process to help restrict swelling. You should not have any more inflammation to these areas if you have followed all the Pre and Post Care Instructions. For Lip Procedure only, suggestion: Bring with you on day of lip application, 2 Tylenol & 1 Ibuprofen.*
- DO: Avoid drinking alcohol the first night after your procedure. Doing so will increase swelling and reduce pigment retention.
- DO: Sleep with our upper body elevated as high as possible for at least the first three (3) nights. This will reduce swelling and keep you on your back. The less swelling, the more color you will retain.

Please see reverse side for further Post Care Instructions

### EYES

- DO: Try to have someone by stand by to drive you home after an eyeliner application. Your eyes may be light sensitive. Bring with you a dark pair of sunglasses.
- DO: Wait 24 hours after an eyeliner procedure to re-apply contact lenses.
- DO: After eyeliner procedure, purchase new mascara that may be used beginning Day 8 *after* the procedure.
- DO: Expect some itching and tightness during the healing process. After the eyeliner procedure, you may notice some extra eyelash shedding. This is normal. (Everyone sheds all their eyelashes over a 3 to 4-month period.)
- DO: Expect fading after your first application. Immediately after your procedure has been completed, your pigment will be dramatic because the pigment is also in the surface layers of the skin. It usually will soften starting on Day 4.
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### AREOLA & SCAR CAMOUFLAGE

- DO: Use only nonwoven pads or new plastic wrap during the day to protect closing.
- DO: Allow treated area to be exposed to air at night. Remove all coverings and apply ointment only.
- DO: While sleeping for the first three nights, wear a clean white cotton t-shirt to avoid seepage from staining bed linens. Reapply ointment in AM and follow instructions on coverings.
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### GENERAL ALL COMPLETE

#### DO NOT

- DO NOT:** Wash pigmented areas for a **FULL THREE (3) DAYS** after procedure. Doing so will result in significant pigment loss. *Gently* cleanse *around* these areas.
- DO NOT:** Rub, pick or scratch the pigmented areas. Doing so will result in damage, color loss and irritation. Approximately 3 or 4 days after the procedure, the pigment will begin to lift away. Again, **DO NOT** pick, rub or scratch!
- DO NOT:** Use swimming pools, Jacuzzi and/or sauna, take long, hot showers or sweat during the (10) day healing process.
- DO NOT:** Get any direct sun exposure on pigmented areas or use sun protection on these areas for the first seven (7) days. Doing so will result in irritation, infection and/or blisters.

### EYES

- DO NOT:** Go home and take a nap! It is important to keep the fluids in the tissue moving to help aid in no additional swelling. Blinking of the eyes or talking and chewing for the lip will help considerably.
- DO NOT:** After having eyes completed, use an eyelash curler or mascara for at least seven (7) days. Doing so will result in infection and lash loss. (Purchase new mascara that may be used beginning Day 8 *after* the procedure.)

### LIPS

- DO NOT:** After having lips done, pick, bite, wish, slide together or stretch. Doing so will result in color loss.

Now, **SMILE!** This is the beginning of a new **YOU!**

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