

Cosmetic Ink  
Elizabeth Rose Vierich  
Permanent Makeup Aftercare Instructions  
Call or Text (760) 509-5400

- Body fluids will surface on the area. Gently massage the area using clean fingers, a Q- Tip or cotton pad with Cetaphil, then rinse and pat dry: **The first 4 hours clean once an hour with Cetaphil.** Then **4x a day for 4 days.** Accept Lips
  
- Apply a very light smear of ointment to the cosmetic tattoo area(s). An ointment for eyebrows will be supplied for eyebrows. A New tub or Aquaphore or Vaseline is needed for lip procedures.  
    Brows: Starting tomorrow ~ **4x a day for 4 days** or longer if desired  
    Lips: Starting tonight ~ **10x a day for 10 days**  
    Eyeliner: No ointment
  
- You may ice the area to reduce swelling. Make sure you put the ice in a clean bag and **wrap with a paper towel** before applying it to the area.
  
- No other soaps, shampoos, cleansers or toothpaste **on tattoo** for one week. Use a warm washcloth to cleanse your face to ensure no chemicals contact the tattoo. You may wash your face as usual.
  
- Keep the procedure area as dry as possible. Do not touch area with unclean fingers or hands. Wash hands often throughout the week.
  
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- **!! NO STEAM.** Avoid hot tubs, swimming pools, and hot baths for 1 week!! Avoid sweaty workouts, yard work or any activity that would introduce dirt or germs for the **first 3 days.**
  
- **Stay away from the magnifying mirror for 2 weeks!** No rubbing! Do not pick, scratch, or peel area.
  
- It is normal to look like there is little to no color when the area is flaking.
  
- Make sure the eyebrows are completely dry before applying fresh ointment. To ensure tattoo is dry, pat with a paper towel.
  
- Absolutely no mascara is to be worn over eyeliner procedures for one full week!
  
- If you believe medical attention is necessary at any time during the healing process, seek it immediately and advise me as soon as possible of problem and diagnosis.
  
- After procedure, lips will feel tight. Allow them to remain immobile as much as possible until they peel. Avoid exaggerated facial expressions, drink fluids with straws and don't pucker lips until they peel (approx. 3 days). Avoid stretching, rubbing and friction. Do not eat foods that require stretching such as sandwiches and fruits. Cut food and pass it over the lips.
  
- Long Term Maintenance: Use a sunscreen daily; avoid exposure to abrasive and acid based facial products. If considering a face peel, absolutely no product is allowed on the tattoo area. No anti aging lotions or potions ever on your tattoo.
  
- Variations to these instructions are discouraged and will negatively affect healed result.
  
- Call me with any questions or concerns. Your safety and satisfaction are very important to me.

I have received these instructions both verbally and in written form. I understand my aftercare obligation and I agree to comply. I have been given the opportunity to ask any questions of Elizabeth, agent of Cosmetic Ink

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Signature

Print Name

Date