

Pre Care Instructions

Eyeliner

- Please bring eyeglasses if you wear contact lenses to all EYELINER appointments! You must wear glasses for 5 days after an Eyeliner procedure. Then you can wear contact lenses. Lenses must be new or clean!
- If you have an appointment for eyeliner please come in with absolutely **no mascara**. Make sure eyes are clean and free of any mascara residue. It is advised to use new mascara after healing to ensure no risk of a secondary infection.
- No wearing lash extensions during procedure and must wait 2 weeks before you resume wearing them. If you use any lash growing serums, discontinue 3 mo. before and 2 weeks after your procedure.
- If you have an Ipod with some favorite music, listening has been known to help clients relax during their procedure.

Eyebrows

- All tweezing, waxing, or eyebrow and eyelash tinting should be done 3 days prior to procedure. Wait 2 weeks after procedure to tweeze or wax and 4 weeks to tint eyebrows or eyelashes.
- Please wear your eyebrow makeup the way you normally would for better communication.

Lips

- If you have ever had (even years ago) a fever blister, cold sore I strongly recommend you obtain a Prescribed anti-viral medication like Valtrex, from your doctor or dentist. Obtain enough for 2 sessions. If 5 pills per session are prescribed start taking them 2 days before your lip appointment, the day of and 2 days after to prevent a breakout. If you have ever had a fever blister or cold sore, a lip procedure will most likely cause an outbreak.
- If you have a cold sore outbreak before your appointment, please call and we can reschedule.
- Exfoliate lips by lightly using a washcloth a week before your appointment.
- Discontinue using any "long-wearing" lipsticks 1-2 weeks before a procedure. I expect lips to be in good condition before your procedure for best results. That means keeping them well moistened.
- For lips, Aquaphor or Vaseline will be needed to keep area moist.

All Procedures

- Do not do any aerobic exercise the day of your appointment.
- Please do not book an appointment before any major events, like vacations, social events or weddings.
- **Please do not wear any perfume to your appointments.**
- It is important not to have a sunburn prior to or after a procedure. This includes tanning beds.
- All clients must be off Retin-A or Renova 30 days prior to all procedures. Must be off Acutane
- Elizabeth Vierich will not recommend any medications. If you are going to self-medicate, please be responsible
- Try to avoid the following prior to all procedures, unless medically needed: Aspirin or similar products, Alcohol, Omega-3, Niacin and Vitamin E, Gingko Biloba, Saint Johns Wart, or Evening Primrose Oil, Co-Q-10, These all contribute to thinning the blood.
- Please avoid any alcohol 24 hours prior to all procedures. Yes, this means wine too
- Limit your caffeine intake prior to procedure if you have known difficulties with numbing
- **Arnica** supplements have been known to reduce swelling and is commonly recommended by surgeons before procedures. Clients who have had eyeliner and Lip procedures have found this to be helpful when starting a few days before their appointment. These can be found at your local health food store. You can inquire about usage amount from the store clerk.
- Please purchase Cetaphil cleanser for cleaning your fresh tattoo.

To avoid a rescheduling fee a 48 hour cancellation notice is required for all appointments.

