

## **MICROPIGMENTATION IMPORTANT TIPS & AFTER CARE**

### **BEFORE YOUR TREATMENT**

- Schedule a consultation with Eau Claire Body Care to ensure you are a good candidate for Micropigmentation and have no contraindications.
- Book your Micropigmentation appointment at least 2 weeks prior to any important occasion at which you want to look your best, as it takes up to 30 days for full healing to conclude.
- Your menstrual cycle can cause your skin to be more sensitive than normal and some clients may wish to schedule around their cycle.
- If you have recently completed Chemotherapy, please obtain your physician's consent in writing and anticipate that your treatment must be scheduled at least 4 months from your last round of Chemotherapy.
- Please know that Micropigmentation CANNOT be performed on any woman who is pregnant or breastfeeding.
- If you use Botox Cosmetic or Dermal Fillers in the treatment area, please have your injections administered at least 1 MONTH BEFORE or AFTER your Micropigmentation treatment.
- If you currently use skincare products which contain any Vitamin A derivative (Retin-A, retinol, retinoids), or strong topical exfoliants such as glycolic/lactic/salicylic/alpha-hydroxy acids, you will need to omit their use at least 4 WEEKS prior to your Micropigmentation treatment.
- If you have been prescribed the drug, Accutane or any comparable generic formulation, your treatment course must be completed at least 6 MONTHS prior to your Micropigmentation appointment.
- DO NOT schedule your appointment immediately before a vacation in which you will have increased sun exposure or high exposure to salt water and/or heat.

### **AFTER YOUR TREATMENT (70% OF YOUR RESULTS WILL DEPEND ON HOW WELL YOU COMPLY WITH THESE DIRECTIONS!!!)**

- Mild tenderness, swelling, and redness in the treatment area the first 24 hours is completely normal. Avoid touching treated area and keep your hair away from your face. Always cleanse your hands prior to touching to avoid infection.
- Do not wash or allow the treatment area to get wet for 72 hours.
- After 72 hours you may cleanse the treated area with Witch Hazel, or a natural soap, and use a tattoo salve daily. Lightly apply a thin layer over treated area without much friction.

- Scabbing is a normal part of the healing process. DO NOT PICK OR RUB THE SCAB. Scabbing will typically be the same color as the pigment that was used. If you pick or scrub your scab, you risk pulling out the color or causing hypertrophic scarring. Be patient with the healing process!
- Do not use any strong exfoliating products such as glycolic, salicylic acids, fruit acids and retinol.
- Avoid tanning, tanning beds, and direct sun exposure until the area is completely healed.
- Be sure to use a SPF 30+ daily after area is healed to maintain your pigment.
- No swimming in pools, hot tubs, rivers, lakes or ocean until skin is healed.
- Avoid any makeup around treated area until area is fully healed.
- Avoid excessive sweating, saunas, facial massage (especially during first week).
- In the first week or so you may experience OVER pigmentation and the area may appear darker than the final result. DO NOT WORRY! After all crusts/scabs are gone some white spots or indefinite color may occur for 15+ days. Please be patient until your next visit.
- Wait at least 3 months from your touch up to schedule any microdermabrasion, laser treatments or chemical peels as these procedures can destroy your results if area is not covered. Communicate to your clinician that you have had Micropigmentation.
- **Consult a healthcare provider for any of the following:** Unexpected or prolonged redness, tenderness, swelling, any rash, and unexpected drainage at or from the site of procedure. In the event of these symptoms, contact your professional immediately.