

## Pre and Post Procedure Treatment for Permanent Makeup

### Pre Procedure Instructions:

We highly recommend you use the Homeopathic medication Arnica Montana prior to and following your lip color procedure. Specific instructions are included in this packet of information.

You will need to purchase Vitamin A&D Ointment (without zinc) to use on the areas treated. This will be the only ointment you will be using following your procedure(s). Vitamin A&D is available at your local drug store in the baby section.

No excessive sun or tanning seven days prior to procedure(s).

Remove all makeup before coming to your procedure(s).

You will need someone to drive you to and from the procedure(s). **NO EXCEPTIONS!! You will likely sleep for 12 hours or more, and should make arrangements for care accordingly.**

Take your Xanax and Lortab/Darvocet (or generic equivalent) 45 minutes before arriving for your treatment. **Do not drive yourself.**

**Bring the remaining Xanax and Lortab/Darvocet to your procedure.**

If you are having permanent **Lip Color**, you will be given a prescription for an Antiviral medication called Valtrex. This is to prevent aggravation of the virus that causes cold sores. Over 80% of the population is a carrier of this virus.

If you are having Permanent **Lip Color**, do not take blood thinners such as Aspirin, Ibuprofen, Motrin, Alleve, Alka Seltzer, Niacin, or Vitamin E for seven days prior to your procedure(s) unless otherwise instructed by your physician.

If you are having Permanent **Lip Color**, do not drink alcoholic beverages for seven days prior to your procedure(s).

If you are having permanent **eyeliner** and wear contacts, do not wear them the day of your procedure. If you have glasses, please bring them to your procedure. You can put your contacts in the next day following your procedure.

If you are having permanent **eyeliner**, please purchase a new tube of mascara to use after your eyes have healed. You can begin wearing eye makeup no sooner than 6 days following your eyeliner procedure.

## Post Procedure Instructions:

### **Immediately following Eyeliner Procedure:**

Apply cold, damp teabags that have been steeped and refrigerated. Apply teabags directly to your eyelids. This can be done for 20-30 minutes at a time and will help to reduce swelling and redness. You may continue to use these until any redness or swelling subsides.

### **Immediately following Lip Color Procedure:**

Apply ice to the area treated. Ice helps to reduce swelling when used in the first 48 hours. It is important to place a barrier between your lips and the ice. A thin washcloth works best. It is helpful to put a generous amount of A & D Ointment on your lips and on the cloth to prevent the ice pack from sticking to your lips.

### **Following all Procedures:**

Only touch the treated area with clean hands, A MUST!!! You can apply only A & D ointment (without zinc) **sparingly**, with a Q-tip to your lips continuously until the bright color has completely peeled. It is extremely important to let your lips peel on their own!!! (No Picking)

Apply A & D ointment **sparingly** to eyebrows and eyeliner in the morning and the evening. Use a Q-tip to apply, NO FINGERS!!!

Absolutely **no makeup, cleansing creams, or chemicals** on treated area(s) for one week.

Do not pick or pull at the treated areas. It is extremely important to let the area(s) exfoliate on its own. Eyeliner usually flakes within 4-6 days. Eyebrows can take up to 10 days to flake.

Your lips will be swollen for several days. The initial bright color will begin to peel within 3-4 days, and may continue to peel for up to 10 days. Your lips will be tight and dry for several weeks following the procedure. You may continue to use A & D ointment as a moisturizer after your lips have healed, but it does not contain a sunscreen. **It is important to continuously apply a lip balm with sunscreen when exposed to the sun or tanning bed after your lips have healed (2 weeks).**

Keep continuous water away from the treated areas as much as possible. Do not scrub or clean area. Do not soak treated areas in bath, swimming pool or hot tub. Do not swim in lake, salt, or chlorinated pool water. This is important to retain color and prevent infection until your lips have healed. (At least 1 week)

**If your lips have not peeled/healed within a week, contact our office immediately.**

Failure to follow these instructions may result in loss of pigment, discoloration, infection, or scar tissue.

Remember, colors appear bright and/or heavy immediately following your procedure. This is not your final color. Once the initial bright color has peeled, your color will appear light. This is still not your final color. You will see your color change over the next four weeks. **Everyone heals at slightly different intervals and color retention varies per individual, based on factors such as age and health.**

I would like to see you four weeks following your first treatment. Your appointment for one touch up procedure may be scheduled no sooner than 6 weeks, and no later than 6 months from the initial procedure date.

There will be a \$250.00 fee for any additional touchups or maintenance procedures in the future.

If you have any questions, please call (405) 816-7545.

Thank you, Cindy Nickel

## Pre and Post Recovery Instructions

Our busy lives leave little time for “recovery” of any sort, but especially of our face!

Immediately following your procedure(s), the most common side effects are redness, swelling, and possible bruising at the injection sites. The degree to which this will occur following your procedure is dependent on your age, health, medical history, and medications you are currently taking.

We see a tremendous difference in our patients who utilize the information included below:

Unless prescribed by your physician, avoid blood thinning agents such as aspirin, aspirin products (Alka-Seltzer), Ibuprofen, Advil, Aleve, Vitamin E, etc., as well as alcohol seven days prior to your procedure.

Immediately following your procedure, elevate your head and use cold compresses for 48 hours intermittently. Begin the homeopathic medication Arnica Montana (pellets) up to three days prior to your procedure and diligently utilize the cream and pellets afterward.

**Arnica Montana** is a homeopathic medication in two forms, pellets and a cream. It is widely used to reduce bruising, swelling, pain, and shorten recovery time for cosmetic procedures including, but not limited to, Permanent Cosmetic Makeup, as well as dermal fillers such as Juvederm, Radiesse, Restylane, Sculptra, and Botox. Homeopathic medications are regulated by the FDA and Arnica Montana was developed in the late 1930's with no known drug interactions. We have recommended this to our patients for years with great success.

### How to use the pellets:

Arnica Montana pellets can be started up to three days prior to your procedure, and continued after your procedure as long as needed. The pellets should be handled as little as possible, but placed directly under the tongue, allowing quick diffusion of the medication into the bloodstream. Place 5 pellets under the tongue, three times a day (15 a day), and allow to dissolve. Immediately following your procedure, take 5 pellets every 15 minutes for an hour, then continue with the regular dosage.

### How to use the cream: (not for permanent makeup procedures)

Arnica Montana cream should be used following Juvederm, Radiesse, Restylane, Sculptra, and Botox and Laser procedures. Arnica cream should be applied to areas where bruising and swelling are present up to three times a day following your procedure as long as needed. Arnica cream contains no artificial colors or perfumes.

You can purchase Arnica Montana at most local health food stores. The recommended strength of pellets is 12C.

**For your convenience, you can purchase Arnica Montana pellets and cream from our office. We can mail it to you or you can come by our office at 3301 Northwest 63rd Street, Oklahoma City, 73116. Please do not hesitate to call with any questions at (405) 816-7545.**

Sincerely,

Cindy Nickel

## Permanent Makeup Checklist

### 7 days prior to procedure:

- \_\_\_\_\_ For **Lip Color** Procedure, stop Alcohol consumption, Aspirin, Alleve, Ibuprofen, Motrin, Alka Seltzer, Niacin, and Vitamin E, unless otherwise directed by your physician
- \_\_\_\_\_ Fill Prescriptions
- \_\_\_\_\_ Purchase Vitamin A&D Ointment without Zinc (in baby section at pharmacy)
- \_\_\_\_\_ For **Lip Color** procedure, purchase Arnica Montana (Pellets). This is available through our office or at your local health food store.

### 3 days prior to procedure:

- \_\_\_\_\_ For **Lip Color** procedure, start Arnica Montana – 5 pellets sublingually under the tongue three times daily. Continue until swelling and inflammation has subsided.

### 1 day prior to procedure:

- \_\_\_\_\_ For **Lip Color** procedure, or as prescribed, start your Valtrex prescription to prevent cold sores/fever blisters.

### The day of your procedure:

- \_\_\_\_\_ Remove all makeup and thoroughly clean face.
- \_\_\_\_\_ Eat something small before taking prescriptions.
- \_\_\_\_\_ Take prescriptions (including Valtrex for **lip color** procedure) 45 minutes before your appointment as directed on the bottles

\_\_\_\_\_ Bring extra Xanax (Alprazolam) and Lortab (Hydrocodone) or Darvocet to your procedure.

\_\_\_\_\_ You need someone ready to drive you to your appointment and bring you home.  
**No Exceptions! You may sleep for 12 hours or more following your procedure. Please make arrangements for care accordingly.**

If you have any questions, please call (405) 816-7545.

Thank you,

Cindy Nickel