



Paramedical Treatment Care Instructions

PRIOR TO APPOINTMENT:

- Exfoliate **3 days to a week before** to get rid of any dead skin cells on your body, and remove hair from treatment area.
- No laser treatments **at least 4-6 weeks before** working on the treated area.
- No tanning prior. Please make sure your skin is not tanned so that we can match your correct skin tone.
- No alcohol **48 hrs before** treatment.
- No Vitamin D **10- 14 days before** treatment.
- No blood thinners **3 days before** your appointment. If you take required medication, please obtain written consent from your healthcare provider allowing you to temporarily pause medicine.
- Wear loose clothes the **day of appointment**; the areas treated will be slightly tender.
- Please eat a well-balanced meal and drink lots of water on the **day of appointment**.
- No lotion, oils, or sweat on the skin **on the day of**.
- No being on Antibiotics **20 days before and 40 days after** the treatment. It can slow down the healing process, so plan accordingly.
- Intense Exercise (i.e. Weight lifting, HIIT) should be avoided at least **48 hours before and 5 days after** your session. Putting strain on your muscles can cause swelling and soreness, which may heighten the sensation of the tattoo and increase healing time.

Reminder: Pain receptors are heightened when menstruating, please plan for procedure dates to avoid added discomfort. Likewise for Covid Shot or Boosters in the past 30 days.

AFTER THE APPOINTMENT:

- Do not shower for the first **24 hours after** treatment
- Wash hands thoroughly before touching treated area(s) to avoid infection.
- Avoid heavy exercise for **2 days after**.
- In the first **20 days after** each session, avoid swimming pool, beach, sea, sauna, sweat, tight clothes, Lycra, use of deodorants, colognes or perfumes of all kinds **in the treated areas**.
- No sun exposure to treated area **in the first 20 days** following. If unavoidable, use water based sunscreen and apply every hour.
- Expect the treatment area to be red and swollen for up to 4 weeks. If you should experience worsening redness, painful tenderness, warmth, drainage, fever, or rash; please contact your healthcare provider right away.
- Collagen supplements are highly recommended to aid in optimal healing and results.
- In the **first 30 days after**, foods rich in Vitamin C, Vitamin A, Selenium, Silicon, Copper, Zinc and Iron are recommended.
- Stay hydrated and drink lots of water following treatment.
- For Scar Revision Therapy + Wrinkle treatments (only), feel free to apply oils and serums to the treated area 2-3 times a day. Approved oils and serums include but aren't limited to: Vitamin E, Rosehip oil, Argan oil, & hyaluronic acid.
- (Warning: These are suggestions, not requirements. Please use your best judgement and do not apply anything you are or might be allergic to)



For best treatment results, it is important to follow these instructions. Please talk to your physician before stopping any prescribed medications. If you have any questions, please reach out.

Thanks for choosing Inkwell Esthetics