



PMU Treatment Care Instructions

PRE-TREATMENT/ PRIOR TO APPOINTMENT:

- For brow treatments, do not pluck, tweeze, wax, or tint brows **3 days before** procedure.
- No botox, facials, laser treatments, chemical peels, or microdermabrasions **at least 4 weeks before** working on the treated area.
- No tanning of any kind at least **4 weeks prior**.
- No alcohol or caffeine **24 hrs before** treatment.
- No blood thinners (Aspirin, Ibuprofen etc) **24 hours before** your appointment. If you take required medication, please obtain consent from your healthcare provider to temporarily pause medicine.
- Avoid serums with acid, retinol, and harsh anti-acne formulas. on the treatment area at least **4 weeks before**.
- Please eat a well-balanced meal and drink lots of water on the **day of appointment**.
- No lotion or oils on the skin **on the day of**.
- No Antibiotics **20 days before and 40 days after** the treatment. It can slow down the healing process, so plan accordingly.
- Excessive sweating and pore opening activities should be avoided at least **48 hours before and 5 days after** your session.
- Avoid consuming fish oil or vitamin E supplements for at least **one week prior** to your procedure. These supplements can increase the risk of bleeding and bruising.

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.

POST-TREATMENT/ AFTER THE APPOINTMENT:

- Avoid water submerging brows in water for **at least 14 days** after treatment. Avoid any substances touching the brows (make-up, sunscreen).
- Apply a very thin layer of aftercare ointment several times a day for **7-10 days**.
- Avoid saunas and excessive sweating of any kind for **10 days** including hot showers.
- **NO** make up on treated area for **7 days**.
- **After 7 days** you may clean the brows: To clean, wash hands thoroughly before touching treated area(s) to avoid infection. Gently wipe with a damp cotton pad and small amount of gentle fragrance free cleanser. You can also use alcohol-free, fragrance-free baby wipes
- Sleep on clean pillow cases and avoid sleeping on your face for **1 week following**.
- Avoid sun exposure **in the first 20 days**. If unavoidable, use water based sunscreen and apply every hour.
- No alcohol or smoking for the next **3 days minimum** to avoid inflammation.
- No facials, botox, chemical treatments or microdermabrasions for **4 weeks following**.
- **Do not** rub, pick, scratch area. Let skin scab and peel on it's own. Apply ointment if itchy.
- After peeling stage, color may appear lighter than normal. Color will return in the following weeks. *Trust the process.*
- A touch-up is **required** 6-8 weeks following treatment.



Ignoring these directions may result in poor color deposit, poor results, excessive pain, bruising or bleeding. Please take the time to review and follow these directions in order to ensure the best result.

Thanks for choosing Inkwell Esthetics