



GERMANTOWN

• D A Y S P A •

Here are some Pre-procedure Instructions to help make your time with me a more relaxing and comfortable experience.

*For the BEST possible results please do not wear makeup in the area where the procedure is being performed the day of the procedure.

* Please eat something 20-30 minutes prior to your appointment. A combination of protein and carbohydrates are recommended such as peanut butter and crackers or a cheeseburger. This keeps your blood sugar steady and helps you to be more comfortable and less sensitive.

* We recommend you take two Tylenol or Advil about 30 minutes prior to your appointment if you're used to taking them. This helps with sensitivity as well as minor swelling. If you have anything to help with nervousness we recommend you take it as prescribed by your doctor. Benadryl also helps, as it is an antihistamine.

* Avoid any form of caffeine (Cokes, Coffee or Tea) 4 hours prior to your appointment. Caffeine is a stimulant and will heighten your sensitivity.

* NO ALCOHOL 24-48 hrs prior to your appointment. Alcohol thins the blood and may cause excess bleeding and subsequent bruising.

* If you bruise easily, we recommend taking Arnica before procedure and after. Arnica is available at most health food stores.

* For Eyeliner, if you wear contacts, please wear glasses to studio as no contacts can be worn during or 24 hours after procedure.

*If you are having a LIP TATTOO procedure, it is required that you exfoliate your lips 1-2 times a day for 3 days leading up to your appointment.

*Keep your lips VERY hydrated the entire week leading up to your appointment.

*Exfoliate your brow area 2 days prior to your appointment followed by moisturizer.

***DO NOT BOTOX PRIOR TO YOUR APPOINTMENT! You can Botox 7 days after your initial brow procedure.

*Discontinue use of all Retinol, Retin-A and Glycolic products at least 2 weeks prior to your appointment.

*If you are on blood thinners, discontinue use at least 48 hours before eyebrow procedures is recommended. Please check with your doctor to make sure you can go 48 hours without them. You may take them as soon as procedure is finished.

You may request a patch test prior to your procedure. We are required by the color manufacturer to offer that to you but is not needed. A patch test does not ensure you will not develop a reaction later on.

Canceling less than 24 hours prior to your appt will result in forfeiture of your deposit and an additional deposit will be required in order to book another appointment.

Canceling less than 24 hours prior to your touch-up appointment or no-showing for your touch-up appointment will result in forfeiture of your appointment.

Following these simple instructions will make a big difference in the enjoyment and outcome of your procedure. I am looking forward to seeing you!

Cynthia Wellington
Permanent Makeup Artist
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