



Please read through the following to prepare for your new cosmetic Tattoo. Its important that you follow al precautions and after care steps to ensure you get the best out of your cosmetic tattoo.

### **Before**

You must begin preparing for your treatment 7-10 days before hand. This ensures your blood is the right consistency, your skin is well prepared and you will heal with no problems. You must avoid:

- All forms of Caffeine (Coke, energy drinks) and alcohol
- Ibuprofen and Aspirin
- Fish/Krill/Evening primrose oil
- Spices that thin the blood; cinnamon, turmeric etc.
- Avoid sun exposure and tanning products on the tattoo area 30 days before your treatment and for 2 weeks after your appointment. If you are sun burnt on the tattoo area we cannot perform the treatment on you.
- If you have high/low blood pressure or any heart conditions, you must let us know as soon as possible. You will need your doctors' permission to carry out the treatment and if approved, stop taking any blood thinning medication at least 1 week prior to your appointment.
- Botox should be carried out at 2 months before your treatment and no sooner than 3 weeks after your follow up appointment as it can alter the way your cosmetic tattoo sits.
- Chemical peels should be carried out at least 60 days before your appointment and no sooner than 60 days after the procedure, always avoid the tattooed area. If you do frequent facial peels, your cosmetic tattooing has a higher chance of fading.
- **YOU need to get ELMA Cream from any pharmacy (This is non prescription item) in advance and apply on the appointment day. Please read the below.**

### **Appointment Day**

- You must apply Elma numbing cream to the area and cover with glad wrap one hour before your appointment. Applying Elma cream before your brow appointment is not optional and you should come in to the salon with your cream and glad wrap on.
- During-Your first appointment will be a full consultation process as well as starting your Brow tattoo.
- Please makes sure your cell phone is on silent when you are in the treatment room.
- Please do not come in chewing gum, as it does cause your face to move during the treatment.
- As a health and safety precaution for our insurances, only the client is allowed in the treatment.



- During the consultation, feel free to ask all questions and concerns you may have about your cosmetic tattoo. Make sure the tattoo is something you are 100% certain about, as this is a permanent/semi-permanent procedure. If you change your mind during the procedure the \$100 deposit is non-refundable.