

#### BEFORE YOUR COSMETIC TATTOO:

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

**BEFORE YOUR TATTOO** 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 doctor's 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 2 weeks 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.

#### APPOINTMENT DAY:

- Your first appointment includes a full consultation process as well as the first session of your brow tattoo.
- Please make 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 room during 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.