

PLACE TO BE YOU  
**After Care Instructions**

**PLEASE READ THIS IMPORTANT INFORMATION CAREFULLY**

It is important to keep the Permanent Makeup MOIST until healed. Use only the aftercare given, or a petroleum free based healing ointment. This will help the healing process speed up as well as keep you from feeling any discomfort. If you use other healing products, please ask Cherie first and make sure you put it on with a sterile Q-tip.

It is important that the protective cover or scab stays on during the healing process.

**DO NOT DO ANYTHING THAT WOULD CAUSE THIS PROTECTIVE COVER TO COME OFF PREMATURELY.** For example: Excessive touching, scratching, picking or any activity that will cause excessive sweating).

It is normal to lose approximately one-third of the pigment. It will slough off over the next few days. The remaining pigment will remain permanently in the skin. You may ice if there is any swelling. Do not swim in chlorine for 30 days.

**The First 7-10 Days for All Permanent Makeup**

- Do not take steam baths, steam room, sauna, spa or cook with high steam.
- Do not tan or use tanning beds without covering pigmented areas.
- Do not take long hot showers or let hot water on the pigmented areas.
- Do not have any type of facial.
- Do not wash the areas where pigment was applied with hot water or any harsh soaps.
- Do not use any cosmetics over the surface where the Pigment was applied.
- Do not use any Scrubs, Retinols, Retin A, Salicylic Acid, Glycolic Acid or any other harsh products on or around the pigmented area.

**Eyeliner**

- Avoid too much ointment in the eye area. Simply apply a very thin coat. You do not want the ointment in your eyes.
- Avoid wearing eye makeup such as mascara and eye shadow to prevent any infections in the pigment.
- Do not tint eyelashes for 3 weeks after procedure.

**Lip liner or Full Lips**

- It is best to drink hot liquids from a straw and then apply ointment immediately after.
- After eating please rinse your mouth and lips with cool water and immediately after apply ointment.
- Wipe your mouth as gently as possible if you must
- DO NOT touch the lip areas at all.
- Avoid teeth bleaching.
- Lips have a tendency to lose color and can be almost unseen for weeks until the pigment resurfaces.

### **In Case of Fever Blisters on Lips**

- L-Lysine tablets: A non-prescription vitamin used to prevent fever blisters.
- Laciness tablets or granules: A non-prescription to be taken during the presence of the fever blister. This will decrease the blisters effects and promote faster healing.
- Zovirax capsules and/or topical ointment: prescription only. It can be applied to the area of on-coming fever blisters and may lessen the effects of the blisters or prevent them entirely.

### **Solar Care**

- **ALWAYS** protect your treated areas from sun exposure. Too much sun exposure will cause your treated area to fade more rapidly.
- Wear PABA free sunscreen after the area has healed.

If you have any further questions, please do not hesitate to contact me.

*Cherie Scalzi*

Phone (916) 719.2480

Email: [placetobewithcherie@gmail.com](mailto:placetobewithcherie@gmail.com)