

# Permanent Makeup Checklist

## 14 Days Prior To Procedure:

- For **Lip Color/Lip Tint** procedure, discontinue use of aspirin, alka seltzer and any other products containing aspirin, unless otherwise directed by your physician.
- For **Eyeliner**, discontinue use of Latisse or any other eyelash growth serum. If not, we will have to reschedule your procedure.

## 7 Days Prior To Procedure:

- You will get a call from our office 1 week prior to your appointment letting you know that your prescriptions have been called in. Be sure to pick them up.
- For **Lip Color/Lip Tint**, discontinue use of Ibuprofen, Advil, Motrin, Midol, Alleve, Niacin, most migraine medications, vitamin E, omega 3 vitamins, fish oil, flaxseed oil, and alcoholic beverages.

## 3 Days Prior To Procedure:

- For **Lip Color/Lip Tint** start the Homeopathic medication Arnica Montana-5 pellets sublingually (under the tongue) three times daily. Continue until swelling, inflammation and/or bruising has subsided. This is available at our office, or your local health food store.

## 1 Day Prior To Procedure:

- For **Lip Color/Lip Tint** start Valtrex prescription to prevent cold sores/fever blisters.

## The Day Of Your Procedure:

- Remove all makeup and thoroughly clean face.
- Eat some food, even if it is something small, before taking the prescriptions to prevent nausea.
- Take all prescribed medication no later than 45 minutes before your appointment time and be sure to bring additional Xanax and Lortab to your appointment.
- You **must** have a driver to bring you to and from the procedure(s). **Absolutely no exceptions!**
- Office policy restricts number of occupants in a room during permanent cosmetic procedure to the patient and medical staff only. Any companions must remain in the waiting room area. No exceptions.

