

## Pre Procedure Instructions for Permanent Cosmetic Makeup

- We highly recommend you use the Homeopathic medication Arnica Montana prior to & following your **Lip color/Lip tint procedure**. This homeopathic medication reduces swelling & bruising which more typically occurs with lip color than eyeliner or brow color. Arnica can be utilized for all three permanent cosmetic procedures if you bruise extremely easily.
- Arnica Montana Directions: Can be started up to three days prior to your procedure & continued after your procedure as long as needed. The pellets should be handled as little as possible, but placed directly under the tongue, allowing quick diffusion of the medication into the bloodstream. Place 5 pellets under the tongue, 3 times a day, & allow them to dissolve. Immediately following your procedure, take 5 pellets every 15 minutes for an hour, then continue with the regular dosage until all swelling and bruising has resolved.
- If you are having **Lip color/Lip tint** it is recommended to stop the blood thinning agent such as aspirin, Alka Seltzer & any other medications containing aspirin 14 days prior to your procedure, unless otherwise instructed by your physician.
- Ibuprofen, Advil, Motrin, Midol, Alleve, Niacin, most migraine medications, Vitamin E, Omega 3 vitamins, fish oil, & alcoholic beverages only need to be stopped 7 days prior to your procedure to help reduce swelling & bruising. \*Tylenol is a pain reliever that does not thin the blood & is fine to take prior to your procedure. The above information is not an absolute, but could help reduce swelling, bruising & recovery time!
- If you are having **Lip color/Lip tint**, you will be given a prescription for an antiviral medication called Valtrex. This medication prevents the aggravation of the virus that causes cold sores. Over 80% of the populations are carriers of this virus and it is a good precaution to take this medication.
- You will also be given medications to relax you prior to your procedure(s): Xanax and Lortab (or generic equivalent). You are to take one of the Xanax and Lortab no later than 45 minutes before your appointment. Be sure to bring the remaining Xanax and Lortab with you on the date of your procedure(s), in case you need to take any additional medication prior to or during your procedure. \*\*You will need a driver to bring you to and from your procedure(s). **Absolutely no exceptions!**
- You will most likely go home and may sleep for 12 hours or more & need to make arrangements for your care accordingly.
- Please remove all makeup before coming to your procedure(s).
- We will provide you with an ointment to use on the area(s) treated following your procedure(s).
- If you are having **Eyeliner** and wear contacts, do not wear them the day of your procedure. You may wear them again 24 hours following your procedure.
- If you are having your **Eyeliner** (initial procedure or touch up) done, you need to stop using Latisse or any other eyelash growth enhancement serum 14 days before your procedure.
- We highly recommend replacing your mascara with a new tube following the **Eyeliner** procedure. You can begin wearing eye makeup **no sooner** than 6 days following your procedure.
- You will need to follow these instructions for your touch-up procedure(s) as well.
- Office policy restricts number of occupants in a room during permanent cosmetic procedures to the patient and medical staff only. Any companions must remain in the waiting room area. No exceptions.

If you have any questions or concerns, please do not hesitate to call (405) 816-7545. Thank you! –  
Cindy Nickel