

**HOME CARE INSTRUCTIONS:**  
**LOOKING AFTER YOUR MICRO PIGMENTATION/COSMETIC TATTOO**

Please read and follow instructions carefully. Your aftercare is extremely important for the outcome of your new tattoo, along with healing in minimal time without any complications. Please be patient you will have loss of colour and the tattoo will shrink, we will make necessary adjustments at your touch up session. If you have any questions please feel free to call Shelley on 0400 042 612

CTM will provide you with an approved safe and effective antiseptic moisturizing agent that helps protect against infection. Apply a small amount with a fresh cotton tip approximately 3-5 x per day for 7 days unless advised differently.

**AVOID for 5 days:** NO soap, water, cleansers, swimming, saunas, makeup and excessive sweating.

- No scratching or picking, just tap the area if itchy, as you don't want to scratch pigment away.
- No swimming in salt or chlorinated water for 2 weeks to avoid bleaching effect.
- No facials, Botox, chemical treatments or microdermabrasion for 4 weeks
- Try to limit your shower time to avoid excess steam.
- Do not use any other product/aftercare on the area except for the CTM cream.

**LONG TERM:**

- Apply sun block on lips and eyebrows daily. Exposure to the sun over time can cause fading and colour change.
- Avoid Glycolic Acid or Peels if you want to keep your tattoo. Anything with active ingredients will lighten the colour with continuous use. Check moisturisers and cleansers as they can also fade tattoo colour if they contain Vitamins or AHA's.

**NOTE:**

Colours will appear darker/brighter and more sharply defined immediately following the procedure. Colours will lighten and soften in 3-10 days. When the pigment settles, clients often think colour is lost or has lightened too much, please be patient, as you can't judge the true colour til week 4. It is completely normal to lose up to 50-80% of the colour on the first session, please don't worry, that is why we have a perfecting session.

Due to slight swelling your lips or eyeliner may not look straight after the procedure – not to worry, this will settle once the swelling goes down.

**EYEBROWS:**

Gently blot with a cotton pad or tissue to remove any lymph fluid then apply a small amount of aftercare cream. The aim is to avoid crusting or scabbing build up so the tattoo will heal well without additional loss of colour. Use your after care cream sparingly as you don't want to suffocate the tattoo. Only blot for the first 2 days, but continue to use your aftercare 3-5 day for 7 days.

**LIPS:**

Immediately after treatment your lips will appear swollen and much darker than the color that was decided. The colour after a few days will be significantly lighter, after 4-6 weeks the true colour will show through. You must have a touch up colour 4-6 weeks to retain colour.

- No spicy foods, lipsticks, gloss, hot drinks, red wine, kissing or citrus drinks for 3-5 days.
- Use a cold pack for 5 mins when you get home and again in 3-4 hours if required.

- Your lips will be very dry. Its important to keep them moist with CTM aftercare so they don't become flaky and peel. If you have dry pieces of skin do not pull or pick at them let the lips exfoliate naturally.
- You still may get a cold sore after having your lips tattooed even if you have never in the past as the virus may be living dormant in your system. If so take the necessary steps: 1) Use ice to freeze the virus 2) Buy 'FAMVIR' or Llysine from the chemist or Valtrex from your GP 3) alternate with Bepanthen Cream and Zovirax Cream for aftercare.
- Continue to use a good moisturiser for the lips to hydrate and prepare for your 2<sup>nd</sup> visit.

#### **EYELINER:**

The eye area will feel like windburn, avoid rubbing your eyes. Rest eyes after treatment. Eyeliner usually heals within about 4 days. The thickness will shrink and it wont be as dark once healed. Remember any adjustments in thickness and color will be made at your second appointment. Apply aftercare 3 x a day for 2 days, after that just at night to sooth your eyes if you are sensitive or have prolonged swelling, dryness or itching.

- NO mascara or eye make-up for 5 days.
- You can purchase gel eye drops from the chemist for extra comfort.
- No wearing contact lenses for 2 days.

#### **ADDITIONAL INFORMATION:**

- You cannot donate blood for 6 months following any cosmetic tattoo procedure.
- Change your pillowcase to avoid any contact with dust or bacteria.

#### **TOUCH UPS**

- Touch up cannot be done until the skin has finished healing (4-8weeks).
- Any adjustments to color and shape are made on your second visit, please be patient.
- It is essential that you book in for your perfecting session 4- 8 weeks after your first initial consultation. Failure to book in will result in a significant loss of pigment in the tattooed area. This will impact on our ability to guarantee longevity of your tattoo.

**ADDITIONAL FEES MAY APPLY.**

**ONGOING TOUCH UPS:** Take into consideration that everyone's skin takes tattoo pigment differently, because of this many people need touch ups at different stages especially for hair stroke brows as the tattoo does not last as long as a powder colour tattoo. If you look after your tattoo throughout all the stages, I usually say 8-14 months is the general rule for ongoing touch-ups.

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