**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 with no complications. Please be patient. You will have a loss of colour and the tattoo will shrink. We will the make necessary adjustments at your touch up session.

**FOLLOWING IS THE RULE FOR ALL COSMETIC TATTOOING. See below for additional info on the particular procedure you had.**

* FOR THE FIRST 5 DAYS AVOID WATER ON THE TATTOO.
* AVOID for 2 weeks: NO soap, cleansers, swimming, sun, saunas, makeup.
* Absolutely no touching, change your pillow case and no animals sleeping on it. Avoid dirt and dust and touching the area! Phones, steering wheels, remotes etc is full of bacteria. You don’t want to get a bacterial infection!
* Hands off: No scratching or picking, just tap the area if itchy, as you don’t want to scratch pigment away.
* Before & after your tattoo: No Botox or microdermabrasion 2 weeks / Chemical treatments or laser: 4 weeks. No lip filler for 2 months.
* Avoid steamy hot showers for 7 days. Do not put glad wrap or anything else covering the brows in the shower.
* Avoid direct sunlight while tattoos are healing.
* Avoid exercise for 7 days! No exceptions. Salt produced in sweat will push out pigment.
* Change your pillowcase to avoid any contact with dust or bacteria.

**EYEBROWS**

Every individual is unique based on their skin type and the procedure technique.

* Oily skin: Dry Healing brings out the best results.
* Dry skin: Apply aftercare ointments on the 2nd day 1-2 times a day to keep moist to avoid dry scabbing.

**LIPS**

* No water for 5 days.
* Avoid spicy foods, gloss, hot drinks, staining food or drinks, kissing or citrus drinks for 5 days.
* Use a cold pack wrapped in gladwrap if needed or ice cubes in Ziploc bag
* Your lips will be very dry. It's important to keep them moist with CTM aftercare constantly. 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 the tattoo even if you have never in the past, as the virus may live dormant in your system. If so, take over-the-counter Famvir, a prescription from your Dr. of Valtrex or L-lysine. Also can alternate application with your aftercare cream and Zovirax. Best practice is Valtrex 5 days before and 5 days after. Persist with your doctor and let them know this is to prevent multiple cold sores developing.
* Continue to constantly hydrate the lips to prepare for your 2nd procedure.
* Avoid lip licking! The enzymes in your saliva will break down the pigment in the centre of your lip. If this happens, we will correct at touch up.
* Avoid lipsticks and anything on your lips other than our aftercare for 2 weeks to avoid dehydration.
* Note: Lip Blush will have very little to no scabbing. Full saturation lipstick or dark colour correction can have scabbing.

**Very important: COLD SORES!!!** You must get on Valtrex after your lip tattooing if you haven’t prepped for it. You can get a cold sore, then potentially spread to many. Get a script from your dr. immediately and insist on getting the script! Any worries with your dr. call the salon. This script is for Herpes 2 but works for Herpes 1. Very effective. Make sure you take 2 pills a day for 5 days.

**EYELINER**

* The eye area will feel like windburn, avoid rubbing. Eyeliner usually heals within about 3 days. The thickness will shrink and it won't be as dark once healed. Remember, we will make any adjustments in thickness and colour at your second appointment.
* NO mascara or eye make-up for 7 days.
* Use a cold pack wrapped in Gladwrap if needed.
* No wearing contact lenses for 3 days.
* No lashes for at least 3 weeks due to the healing and the glue.
* Use aftercare cream if sore, otherwise, not to worry.

**BEAUTY SPOTS:** Must be looked after like eyebrows. Due to it being such a small area, pigment can easily be lost if lack of proper aftercare. We do not take responsibility if pigment is lost.

**LONG TERM**

* Apply sunblock 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**

* Due to slight swelling, your tattoo may not look symmetrical after the procedure–not to worry, this will settle once the swelling goes down.
* Colours will appear darker/brighter and more sharply defined immediately following the procedure. Colours will lighten and soften in 3- 7 days.
* When the pigment settles, clients often think the colour is lost or has lightened too much, please be patient, as you can’t judge the true colour til week 4. Colour will continue to come and go based on the stages of exfoliation and healing. It is completely normal to lose up to 50% of the colour in the first session, please don’t worry, that is why we have a perfecting session.
* You cannot donate blood for 6 months following any cosmetic tattoo procedure.

**TOUCH UPS**

* MUST be booked between 4-8 weeks and lips at least 6-10 weeks. We cannot do the touch up any sooner. Any adjustments to colour and shape are made on your second visit, please be patient.
* It’s essential that you book in for your perfecting session 4- 8 weeks after your first initial consultation. Failure to book in will cause an overall impact on our ability to guarantee the longevity of your tattoo and will take the technician longer to complete and may occur a fee.
* Tattooing is a two-step procedure; to perfect your new tattoo, you will need your perfecting session.
* Touch ups wont take as long as the first procedure, however never be in a rush as we want to allow enough time for perfecting.

**ONGOING TOUCH UPS**

Take into consideration that everyone’s skin takes tattoo pigment differently based on skin texture, products used and medications. Lifestyle will also be a contributing factor; hence, people will need touch-ups at different stages.

 Feathering: 8-14 months Powder Brow: 1-2 years Lips & Eyeliner: 2 years.

We are here for you and urge you to contact us if you have questions. We truly want all of our clients happy and have the best outcome! You must contact us after your 2nd procedure once healed if you have any concerns, anything after that is considered an ongoing annual touch up.

TO BOOK your next appointment. Visit our website or Instagram page. Make sure you book in the right procedure time for timing.

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