

## **Prior to Permanent Makeup Service**

- No alcoholic beverages or caffeine consumption the day of procedure
- Do not work out on the day of procedure
- Do not wax or tint lashes or brows at *least 3 days* prior to procedure
- No aspirin, niacin, vitamin E, or ibuprofen at *least 24 hours prior* to the procedure- Tylenol is recommended to alleviate any discomfort
- Not recommended for sunburned/windburned skin
- Do not bring young children, pets, or anyone who may interrupt or distract you during your appointment- if you are getting an eyeliner service- it is recommended you have someone drive you home post procedure- in case of swelling of the eyelids.