

# SPMU Before and Aftercare

## BEFORE APPOINTMENT

- Avoid consuming alcohol and excessive caffeine for at least 24 hours before your appointment. These can thin the blood and increase sensitivity.
- Avoid chemical peels, laser treatments, microdermabrasion, or any harsh facial treatments for at least 2-4 weeks beforehand.
- Discontinue use of Retin-A, Retinols, AHA/BHA products, and any other exfoliating or anti-aging creams on or around the treatment area for at least 2 weeks prior.
- If you plan to have Botox or fillers, it's best to have your permanent makeup done first, or wait at least 2 weeks after injectables before your permanent makeup appointment.

## AFTERCARE

- Do NOT pick, scratch, or peel the treated area. This can cause scarring, infection, and loss of pigment.
- Hydration for the first 2 weeks: we recommend using an aftercare balm on your tattoo in a thin, breathable layer twice a day. For brows: Bepanthen.
- Avoid direct sun exposure and tanning beds for at least 2-4 weeks. If you must be in the sun, wear a wide-brimmed hat or large sunglasses. After initial healing, always use a high SPF sunscreen on the treated area.
- Avoid heavy sweating, saunas, steam rooms, and swimming pools for at least 7-10 days (or until all scabbing has flaked off). These activities can introduce bacteria and dilute the pigment.
- Avoid makeup on or near the treated area until fully healed (typically 7-14 days).
- Do not use any skincare products containing active ingredients like Retin-A, Retinols, Glycolic Acid, or other AHAs/BHAs on or near the treated area, even after healing, as these can fade the pigment over time.
- Showering and washing your face as normal is fine, however we wouldn't recommend submerging your tattoo in a bath or activities that cause excess sweating such as heavy exercise.

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The healing process requires a real degree of trust as your results will go through a few different phases before settling into their final form. Initial results are bold in saturation and colour, then as the skin dries out during healing they can appear flaky and patchy. Once flaking has subsided they can go through what we call a 'ghosting phase' where results appear very light until they finally resurface up to 40% lighter than your initial results. It is normal for results to have imperfections until your initial 4/6 week touch up, where we perfect your dream lips/brows.

### **YOU SHOULD AVOID SPMU IF YOU:**

- Are pregnant or nursing
- Are under 18 years of age
- Are diabetic (unless under medical supervision)
- Are taking blood-thinning medications
- Have a history of keloids or hypertrophic scarring
- Have skin conditions such as eczema, psoriasis, or dermatitis near the treated area
- Are currently undergoing chemotherapy or radiation (consult your doctor)
- Have viral infections or diseases (e.g., hepatitis, HIV)
- Have a cold, flu, or other infections at the time of the procedure
- Have had Botox or fillers in the treatment area within the past 2 weeks
- Are prone to seizures or epilepsy
- Are allergic to pigments or topical anaesthetics