

## Pre-treatment and aftercare information

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### Thank you for choosing LW Clinic

Please read this document prior to your Semi-Permanent Make Up or Micropigmentation treatment.

It is essential that you take note of the special care procedures recommended before and after your treatment to ensure you get the best possible results.

# Eyebrows

## Eyebrows Pre-treatment

At LW Clinic we recommend having your eyebrows waxed one week before your procedure, they cannot be waxed on the same day as treatment as pigment may get into the open pores. Some clients find tweezing during treatment uncomfortable and may cause additional swelling to the area.

Avoid taking medication that can thin your blood such as Aspirin or Ibuprofen, 24 hours before you attend LW Clinic for treatment. Blood thinning medication can dramatically affect the healing process. If you are on other medication, please ensure you discuss this with your practitioner at your consultation to ensure your treatment can still go ahead; in some cases, a Doctor's letter may be required.

Ensure you are in good health on the day of your treatment. Feeling unwell will impact on how the body responds to the procedure. If you need to reschedule due to illness, ensure this is done with 24-hour notice to avoid the loss of deposit.

A £50 deposit\* is required to secure your booking; if you have provisionally booked and not yet paid your deposit your appointment maybe taken by another client. Only when your deposit has been paid is your appointment secure.

\*This deposit is none refundable, if you fail to attend your appointment or if give less than 24 hour notice of cancelation you will not be refunded\*

LW Clinic advise you to gently exfoliate the skin to remove any dead skin cells on the eyebrow area at least 1 week prior to your appointment.

Avoid the following on the week prior to your appointment:

- SUNBEDS
- SUNBATHING
- WEARING TINT OR HENNA OR FAKE TAN (ON THE DIRECT AREA)
- DRINKING ALCOHOL (ESPECIALLY 24 HOURS BEFORE)
- HEAVY MAKEUP ON THE TREATMENT DAY
- SKIN PEELS

To prevent distraction and to keep the clinic room clean and sterile at all times you **must not** bring anyone with you to your appointment. We like to offer a 1-1 service with just you and your therapist, unless in a training environment. We cannot accommodate a child or children in the clinic.

Allow yourself plenty of time for your appointment. You will be in clinic for approx. 2-2.5 hours (depending on the treatment) ensure you give yourself plenty of time to travel and park.

Be prepared and think about the result you would like to achieve (shape and colour). Do not worry if you are unsure! Full advice will be offered by your therapist on the day. Feel free to bring along pictures of shapes and any eyebrow makeup you would like to aim to colour match.

Think ahead! This is a two-part treatment process, part of the healing is to go through a scabbing stage, therefore we advise do not book any holidays spa days or special occasions for at least two weeks after your appointment.

*One last thing to consider... wash your hair before your appointment, as it is important to keep the eyebrow area dry during the healing process.*

## Eyebrows Aftercare

You may experience the following immediately after treatment for up to 24 hours:

- Swelling (the brow may look uneven due to this)
- Redness
- Tenderness
- Slight weeping/bleeding (you may blot the area with a tissue)
- Bruising (very rare and if so minimal)

You may experience the following for up to **10 days** after your appointment:

- Scabbing (which will look much darker than your result)
- Dryness
- Itching
- Flaking
- Any irritations may take up to 10 days in some cases longer to subside full healing time is 4 weeks

Aftercare steps:

### **Only on the treatment day**

Clean with damp gauze using sterile water.

### **Daily**

Apply aftercare product each day including the treatment day after cleansing the area. Only apply when required do not over apply when not necessary this may result in poor retention of pigment.

What to expect:

### **Day 1**

The pigment will appear much darker and intense than what will heal after the treatment and will get darker throughout the healing process as the scab forms. This may result in looking unnatural and a little harsh during this time the area may feel tender, and in some cases look slightly swollen and red immediately after your treatment ensure you clean blot and apply aftercare as advised.

### **Day 2**

Your skin will of formed a scab – from today do not get the area wet and only apply very small amounts of aftercare when needed (over applied aftercare will affect the colour retention)

### **Day 3**

Your brows will feel and look dry and flaky as the scab prepares to shed (itchiness is normal at this stage but do not touch)

### **Days 7-10**

The scab will be sheading and flaking away looking patchy as it releases from the skin. **DO NOT PICK AT THIS STAGE!** Continue aftercare until the skin is completely free from scabbing.

When you are at the scabbing stage, the pigment becomes MUCH lighter, this is normal due to the true colour being obscured by the new skin cells. Do not panic!

The approximate healing time is 10 days however healing is different in every individual and eyebrows may heal at different stages, so the aftercare must be followed until the whole area has flaked away.

The true colour can take up to 4 weeks after the initial appointment to come through, Under no circumstances can any further work be carried out for 4-week period.

Keep in mind unevenness of colour is to be expected after the 1<sup>st</sup> treatment this is the purpose of the 2<sup>nd</sup> visit - to restore and perfect pigment colour and shape to achieve the final result.

**For approximate 10 days after the treatment:**

- DO NOT get the area wet
- You must cleanse around the area. Avoid washing or splashing the eyebrows as this may result in uneven and patchy pigment
- DO NOT touch, itch, pick, scratch or rub treatment area
- The area will be itchy throughout the healing process if the area is picked or touched causing the scabbing/dry pigment to flake away too early. This will result in patchy areas requiring 3rd treatment at cost or in severe cases can cause infections and scarring. Allow the pigment to flake away itself in its own time!!
- DO NOT use makeup on the treated area - No powders or pencils to the area during the healing process, if you want to wear foundation, ensure this does not come into contact with the treated area and ensure when cleaning off makeup you do not transfer any makeup product into the pigment this could cause infection.
- DO NOT expose the area to heat such as sunbeds, sauna, steam rooms etc.
- Remember that even after the healing process, sunbeds & sun exposure can result in faster fading of pigments. Remember for longer lasting results of your eyebrows, use high SPF products to protect them!
- DO NOT tweeze or tint the eyebrow
- Avoid tweezing the unwanted hairs around the area whilst healing as you may pull the dry pigment out of the skin by mistake or cause inflammation, extra swelling and redness to the area. Tint will infect the area.
- DO NOT use skin care on the treated area - Avoid any skin care products directly on the eyebrows; you may use these around the area using cotton pads gently avoiding contact with the pigment.

**LW Clinic offer FREE review check-up appointments at any stage of your treatment.**

Regular reviews and top up appointments are required to keep on top of the pigment as it fades.

**Top up recommendations**

- Micro blade method 10-12 months
- Tattoo method 12-18 months

Prices of top ups will vary depending on time between treatment and pigment retention. Reshapes will require a full 2 treatment process.

**Before your 2<sup>nd</sup> session please follow all pretreatment advice again.**

**1. DON'T PANIC**

**2. DON'T PICK**

**3. BE PATIENT**

**Laura's 3 Ps**

If it's included in this document, it's normal!  
Picking will cause patchy results  
Trust the process and be patient

# Lips

## Lips Pretreatment

Avoid taking medication that can thin your blood such as Aspirin or Ibuprofen 24 hours before you attend. Blood thinning medication can dramatically affect the healing process. If you are on any other medication, please ensure to discuss this with your practitioner at your consultation to ensure your treatment can still go ahead; In some cases, a Doctor's letter may be required.

Ensure you are in good health on your treatment day, feeling unwell will have an effect on how the body responds to the procedure. If you need to reschedule due to illness, ensure this is done with 24-hour notice to avoid the loss of deposit.

A £50 deposit\* is required to secure your booking; if you have provisionally booked and not yet paid your deposit your appointment maybe taken by another client. Only when your deposit has been paid is your appointment secure.

\*This deposit is none refundable, if you fail to attend your appointment or if give less than 24 hours' notice of cancelation you will not be refunded\*

If you are prone to cold sores, LW Clinic recommends you take medication to prevent an outbreak. You can purchase medication from the Pharmacist or if you are prone to regular outbreaks LW Clinic advises you speak to you GP to prescribe a course of Aciclovir.

\*Please be aware the treatment may still result in an outbreak, if you are already prone to cold sores this is out of the control of your therapist.

We advise to gently exfoliate your lips to remove any dead skin cells on the area at least 1 week prior to your appointment and apply lip balm to moisturise.

Avoid the following on the week leading up to your appointment:

- SUNBEDS
- SUNBATHING
- WEARING STAINING LIP GLOSS/LIPSTICK
- DRINKING ALCOHOL (ESPECIALLY 24 HOURS BEFORE)

To prevent distraction and to keep the clinic room clean and sterile at all times you **must not** bring anyone with you to your appointment. We like to offer a 1-1 service with just you and your therapist, unless in a training environment. We cannot accommodate a child or children in the clinic.

Allow yourself plenty of time for your appointment. You will be in clinic for approx. 2-2.5 hours (depending on the treatment) ensure you give yourself plenty of time to travel and park.

Avoid lip fillers on the lead up to your Micropigmentation appointment.

Think ahead! This is a 2-part treatment process- part of the healing is to go through scabbing stages, your lips will also swell for the first 24/48 hours, therefore we advise do not book any special occasions during this time

Feel free to bring along your favourite lip colour to give us an idea of the results you would like.

## Lips Aftercare

### Day 1 - Immediately after treatment:

You may feel tender, your lips will be swollen, in some cases slightly bruised and your lip colour will be strong (this WILL fade)

Inflammation and redness is normal after the procedure.

Removing the lymphatic fluid is necessary on day 1 (treatment day) to prevent heavy scabbing.

Scabbing is one of the primary reasons for pigment loss during this early, critical stage of healing. On the evening after your appointment, ensure you gently rinse off any lymph from the surface of your lips using gauze and sterilised water (boiled & COOLED!)

**\*IMPORTANT:** keep the lips moist with the aftercare product at all times even on the 1<sup>st</sup> day of the procedure, occasionally the lips may bruise this will subside within 24 hours of the procedure.

### Day 2

- Lips will feel swollen and bigger than normal size. In some cases look uneven due to swelling. Tenderness is normal to experience the day after procedure.
- The treated area will now have formed a scab which to you will look like a strong pigment colour and almost like a full lipstick look.
- Maintain a moderate amount of moisture at all times to avoid the lips drying out.
- Aftercare products can be applied as often as required (every 30 minutes) the main goal is to maintain just enough moisture more regular than overloading and saturating the lips.

### Day 3

Your lips will feel extremely dry as the scab prepares to shed, apply aftercare product through the day as often as your lips require.

### Day 4-5

- The scab will begin to shed (if they haven't already) this is normal as you reach the end of the scabbing part of the healing process
- Continue to apply your aftercare product, this will ensure your lips are supported during the vital parts of the healing process which will help with pigment retention.
- Don't be alarmed if pigment comes off as you apply the product today it's a pretty quick turnaround on day 4/5

### Don't panic!

You will notice the colour has lightened dramatically over a very short healing process THIS IS NORMAL. When the pigment scab sheds your result can take up to 6 weeks for the true colour to gradually come through and settle to its desired shade.

Things to avoid during the 5 days of healing:

- Do not pick-this will result in loss of pigment and possible infection.
- Do not expose your lips to water other than on day 1 to clean them (as explained above)
- Do not apply makeup on or around the area
- Avoid smoking
- Avoid sunbeds saunas pools steam or any environment with high humidity
- Avoid spicy foods and take care when eating
- Avoid kissing
- Drink fluids through a straw when possible
- Do not apply any other products during the healing process other than what is advised by your therapist

# Eyeliner

## Eyeliner Pretreatment

No alcohol 24 hours before the procedure and no Aspirin or blood thinning medication to be taken 5 days prior to your appointment

Avoid wearing makeup and fully cleanse the eye removing any excess makeup 24 hours before your appointment

You can tint your lashes as an alternative to using mascara to allow safe healing however this must be done at least 48 hours before the procedure

Think ahead- if you wear contact lenses we advise you remove these during the eyeliner treatment so please wear your glasses to your appointment.

Eyes can feel swollen and tender immediately after the procedure, be aware if you have driven to your appointment, you may need to allow time for swelling to subside or arrange for someone to pick you up.

Allow yourself enough time for traveling to your appointment and for parking. Your treatment time will be a minimum 1 hour and a maximum of 2 hours for an eyeliner treatment.

If you are feeling unwell it's advised to reschedule your appointment at least 24 hours in advance to avoid losing your deposit. If you are under the care of a Doctor or on medication, please inform your practitioner at your consultation as this may affect the treatment going ahead; in some cases a Doctor's letter may be requested.

Ensure you are in good health on the day of your treatment. Feeling unwell will impact on how the body responds to the procedure. If you need to reschedule due to illness, ensure this is done with 24-hour notice to avoid the loss of deposit

A £50 deposit is required to secure your booking; if you have provisionally booked and not yet paid your deposit your appointment maybe taken by another client. Only when your deposit has been paid is your appointment secure.

\*This deposit is none refundable, if you fail to attend your appointment or if give less than 24 hours' notice of cancelation you will not be refunded\*

If you have hay fever it is best to avoid the months you are more affected as watery eyes will not help with the healing process resulting in poor colour retention.

## Eyeliner Aftercare

### Day 1

After your treatment your eyes will feel tender, red & swollen. Your eyeliner colour may look harsh (this will fade) the intensity of the colour will remain on the surface until the skin sheds the outer pigment scabbing. This process takes approx 7-10 days.

Cleanse the area on the evening of your treatment with a damp gauze gently to remove any lymphatic drainage which your body will produce after the treatment, this will help prevent heavy scabbing. Small amounts of aftercare can be applied to keep the area moisturised. This can be done after you have cleansed on the first evening following treatment and as often as required over the next 10 days. \*Do not over apply as it will result in pigment loss.

If you wear contact lenses, do not replace them for the remainder of treatment day.

For the best results avoid wearing contacts during the first 5 days of healing – you can however wear your glasses.

Ice packs can be used to reduce swelling after the procedure (not for long periods).

### Day 2

The morning after your treatment is when your eyes will be the most swollen. This is NORMAL, do not PANIC. Usually the most visible swelling is on the top liner as well as on the side that you sleep on. In some cases, eyes can feel slightly sticky as they will have formed a scab overnight. Apply a small amount of aftercare if required, to add moisture to the area. Remember not to apply too much product too often.

### Days 3-7

The swelling will have settled and the pigment scab will be fully formed. The colour may look very dark at this stage. Do not get too used to this colour as it WILL fade especially after the 1<sup>st</sup> treatment. During day 3-7 the scab may feel itchy and drier as it prepares to lift and shed from the skin. Continue aftercare in very small amounts and only if required.

### Days 7-10

The scab will start to shed from the area over the next few days. Do not be tempted to pick at this stage. The liner may appear crusty and patchy as the outer layer of the colour will start to flake off. You will notice the colour left under the skin will be much lighter, thinner and softer than the scabbing look! This is NORMAL and it will get darker over the few weeks. It takes time for your skin to settle to the true colour. The new formed skin layer will still be healing and hiding the true colour of the pigment showing, please be patient and allow for the full healing process to take place (4 weeks)



# Micropigmentation

## Micropigmentation Pretreatment

### Dry Skin

If you have dry skin on your scalp you can gently exfoliate 1 week prior to procedure use a moisturiser or oil daily for at least 1 for week before the treatment.

### Dermatitis

If your skin is really dry and flaky red, itchy with large flaky scales then you may have a form of Dermatitis, this is a fairly common skin disorder that looks similar to psoriasis, eczema, dandruff or an allergic reaction. It is a chronic, relapsing and usually mild dermatitis; please consult a dermatologist or an alternative medical skin specialist to have this treated prior to scalp micropigmentation.

## Aftercare

### The day of treatment:

- Let the treated area rest
- Do not apply any product and do not clean the treated area
- Avoid wetting the area or using any soap in the treated area
- Avoid submerging the area in water, including water containing chlorine or salt
- Avoid excessive sweating (sports)
- Do not use a sauna
- Avoid touching the area
- Avoid using helmets, caps, hats or hair prostheses for a prolonged period
- Avoid exposure to the sun
- Do not shave your scalp

### Two days after treatment:

- Avoid using any product for topical use that has not been previously presented
- Avoid submerging the area in water, including water containing chlorine or salt
- Avoid excessive sweating (sports)
- Do not use a sauna or sunbeds
- Avoid using helmets, caps, hats or hair prostheses for a prolonged period
- Avoid exposure to the sun
- Avoid going to the barber

### Four days after the treatment:

- Avoid using any product for topical use that has not been previously presented
- You may now gently wash the area using a fragrance-free shampoo (do not scrub)
- Avoid excessive sweating (sports)
- Do not use sauna or sunbed
- Avoid using helmets, caps, hats or hair prostheses for a prolonged period
- Avoid exposure to the sun
- Shave and/or go to the barber if desired

Redness or itching is normal reactions after the treatment do not scratch or pick the area during the healing process.

Remember to expect some colour loss after the healing process as explained by your technician. -  
CONTINUOUS CARE INSTRUCTIONS

- Always protect against the sun with high protection factor (SPF 50)
- Touch-up appointment after 2-3 weeks+ (after 60 days in certain cases, such as camouflaging scars)
- Evaluation appointment after 6 months to establish the annual maintenance plan if required.

Please follow these instructions carefully since it will help you get the best possible result out of your scalp micropigmentation treatment.



## Useful Information

### Advice for all procedures:

It is important you follow all the pre and post treatment advice for both the 1<sup>st</sup> and 2<sup>nd</sup> session.

Pigment will fade over time and every client's skin will differ in pigment retention and longevity of the results.

It is your responsibility to maintain regular top ups to ensure the colour stays true.

Please note if you wish to have your top up with another clinic, we may not be able to offer you any further treatment depending of pigment and method used.

Seek medical advice post treatment if you have any concerns of severe allergic reaction.

DO NOT stop taking prescribed medication so this treatment can go ahead. It is ALWAYS recommended that you consult your doctor on any medical concerns you may have regarding treatments

### Giving Blood:

- The Red Cross suggest that you do not donate blood for 6 months after treatments.

### Injectables:

- Dermal Fillers/ Botox can alter the shape of the eyebrows / forehead.

### Laser:

- Laser hair removal, particularly around the lip area causes the colour change. It is important to advise LHR technician that you have had a micro pigmentation procedure, as this cannot be rectified with another micro pigmentation treatment.

### MRI scans:

- This procedure shows up as an artefact on the scan. Some clients may experience a slight tingling sensation please notify your radiologist.

### LW Clinic

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