

For most people, the healing period lasts about 7 days, although each individual's healing time may vary. In some cases, unevenness of colour is to be expected and that is the purpose of the touch up visit. Please observe the following important instructions, for at least one week, to ensure you achieve the best results from your procedure:

- DO use ice packs, protected with a cloth, to reduce any swelling in the first 24 hours after your treatment.
- Always wash your hands before applying the aftercare balm we provide for you. This should be applied 3 times daily, using a cotton bud. Use a clean cotton bud for each application to avoid cross contamination.
- DO use a gentle facial cleanser to clean the facial area during the healing period.
- DO keep hair away from the treatment site to prevent any infection.
- Do NOT pick, peel or scratch the treated area (some itching is normal) or the colour may heal unevenly and you risk scarring and infection. Allow a wound to flake on its own.
- Do NOT apply makeup for 72 hours after the procedure. Unless it's a mineral makeup which can then aid the healing process.
- Do NOT expose the healing skin to direct sun, tanning beds, Jacuzzi's, sauna, salt water, chlorinated pools, direct shower spray, hot water, skin creams or ointments, other than what you have been instructed to use for 2 weeks following your treatment.
- If the area gets wet, gently pat it dry using a clean tissue.
- **If you have had a lip treatment:**
 - If you suffer with cold sores, use an anti-herpes medication, such as Zovirax, 5 times daily. Continue use for 6 days.
 - Avoid eating spicy and salty foods for 24-48 hours following your treatment and try to drink through a straw.
 - Do not pick the epithelial crust. Allow it to flake on its own.
 - Avoid kissing for 24-48 hours following your treatment.
- Please remember that your selected colour will be stronger and more sharply defined immediately after a treatment. However, as the healing process occurs, the colour will soften and lighten by 30%-50%.
- Always protect the skin from sun exposure with suitable clothing (hat) and use of sun block SPF 50+. Sun exposure will fade your semi-permanent cosmetics.
- If you are planning a chemical peel, MRI scan or other medical procedure, please inform your doctor that you have had a semi-permanent cosmetics treatment.
- Please inform the National Blood Service, if you donate blood, as you may not be eligible to give blood for a year post-procedure.

NB. In the event you experience any unusual skin reactions or have any queries, please call us on 01656 856560 and we can arrange to see you for an assessment.