



# Eyeliner Pre Care

## **12 months from appointment**

Take your last Roaccutane, Retina, AHA, Glycolic, Doxycyclineskin or other similar medications.

## **3 months from appointment**

Stop using lash growth serum on the lashes

## **6 weeks from appointment**

Avoid skincare with active ingredients and exfoliants.

Avoid any facial treatments on or around the area.

Refrain from getting burns on the area (sun, wind, chemical).

## **2 weeks from appointment**

Do not receive any cosmetic injectables on or around the area (Botox and/or filler)

## **7 days from appointment**

Stop taking gym pre workout.

Stop taking fish oil and blood thinners BUT ONLY IF cleared by your doctor to do so.

Book yourself in for a lash lift as you will be unable to wear mascara for 7-10 days after your tattoo.

If you have lash extensions they will have to be removed before your appt.

## **48 hours from appointment**

Do not consume any alcohol or caffeine

## **24 hours from appointment**

Start taking arnica pills if you are a heavy bleeder/bruise easily BUT ONLY IF you have been cleared by your doctor to do so.

## **Day of appointment**

Wash your hair.

Do not put in your contacts if you wear them.

**Any concerns or queries in the lead up to your appointment  
please don't hesitate to get in touch.**



# Eyeliner Healing

**There are 2 stages to the healing. The initial healing which is in the first 7-10 days and long term healing which takes up to 6 weeks.**

## **On the day of your appointment**

Your eyes may be slightly swollen, red with minimal discomfort. Majority of people carry on their day as usual. The liner will look very bold, and slightly thicker due to swelling, this is normal and the colour will fade up to 50% during the long term healing.

## **First 7 -10 days**

The tattoo will appear thicker, darker and more defined as they heal and start to scab. This is totally normal and please don't panic. Around days 3 - 5 the scabbings will start to shed. They will come off in little flakes. Please do not pick them off. When the scabs fall off, the tattoo underneath will look much lighter compared to the flaking, sometimes even look like there is no pigment at all. This is normal also. During this time you will go through a wave of emotions. One day you'll love your eyeliner, the next you'll think to yourself, what have I done?! This is TOTALLY normal. It is a big change to your face, and while they are healing the can look so different and change day to day,. Try and remind yourself it is part of the process and the true result will not be visible till the 6 - 8 week mark.

## **First 7 -10 days**

Once all the scabbing has flaked off, usually between day 5-10, the pigment can look like it has disappeared or a lot lighter than expected. This is totally normal. Over the next 6 - 8 weeks the pigment colour will start to darken as it resurfaces. The true colour will be visible by week 4-6. any changes or concerns can not be addressed until the 6 week mark. You only need a perfection visit at the 6 - 8 week mark if there are patches of pigment that did not darken, the colour is too light. If you are unsure if you need a perfection visit, you are more than welcome to get in touch.

**If you have any issues or concerns that are not mentioned above  
please do not hesitate to get in touch.**



# Eyeliner Post Care

## On the day of your appointment

Your eyes may be slightly swollen and red. This is totally normal. You can apply a cold compress to them to help.

## For 7 - 10 days after your appointment

- Your eyeliner will be dry healing. No cream is to be applied and tattoos are to be kept dry.
- Do not pick the flakes off. Picking them off prematurely can cause patches in the healing. If the eyes get itchy, with clean hands or a Q-tip you can tap the liner.
- Do not get the eyeliner tattoo soaking wet, use the shield provided to you when having a shower, tip your head back as much as possible when having a shower and when washing your face, use a damp flannel and go around the eyes. No swimming.
- Refrain from sweating. No vigorous exercise, use of saunas or having hot steamy showers (doesn't mean have cold showers!)
- Do not apply any makeup or skin products onto the eyes. Be mindful when spraying hairspray or perfume not to get it on the tattoos. This is to prevent infection as much as possible.

## For 30 days after your appointment

- Do not use any cosmetics with Retinol acids, Salicylic or AHAs.
- Do not get any facial treatments.

## For 6 weeks after your appointment

- Do not go into high exposure UV.

## For 3 months after your appointment

- Refrain from putting growth serum onto the tattoo area.

## Long term post care in between touch ups

- Refrain from putting skincare with active ingredients and exfoliants on your tattoos.
- Keep in mind that any change to your medical history, medications or supplements can alter how the tattoo fades.

**Any concerns or queries please don't hesitate to get in touch.**