** Jules 027 2430051**

**PRE-PROCEDURE INSTRUCTIONS -** Cosmetic Tattooing is a process: - When scheduling an appointment date for a Cosmetic Tattoo procedure, please keep in mind the healing time of the procedure. Do you have an event in the next week? No lawn mowing or chores that will get dirt/ bacteria on the healing area, or perspiring exercise or swimming. Anyone who is doing marathons would have to cease all exercise for at least 10 days. Perspiration causes the pigment to lift from the healing process which causes the pigment not to heal into the skin.

Most of my clients find they are so surprised when I am doing the procedure as they cannot feel a thing.

If you are nervous, you can take Panadol 25 minutes prior to appointment. This works on the nerve endings and can be very helpful. Or alternatively Panadeine, which does the same but also helps you relax a little.

For clients who bruise easily or mature age clients it is suggested that you take Arnica tablets before lip or eyeliner procedures.

It is rare to have a healing problem with cosmetic tattoo makeup eyebrows, eyeliner and lips when following the Post Aftercare instructions carefully (these will be given to you on your 1st Visit). *In order for the pigments to stay in your skin, your second appointment is very important as Cosmetic Tattooing is a process not just one procedure. Hence you won’t leave your first visit with perfect eyebrows, this will happen on your second visit. Some clients due to skin/medications may need a third visit.*

**Please note**, when coming to an appointment please come by yourself, unless you notify me prior to the appointment, this is a procedure that I need to concentrate and focus on you alone. Also, *when coming and going into my street, please keep 10kmph or less, I work in a private street*. Thank you for your understanding in this matter.

For **EYELINER**

\* No eyelash extensions.

\* Do not wear contact lenses during the procedure or for 24 hrs after, bring optical glasses.

\* Bring sunglasses to wear home, may help. Eyes may be light sensitive.

\* Do not dye or perm lashes for 2 days prior.

\* Do not use eyelash curler the day of the procedure.

\* Do not use eyelash growth serum for 3 weeks pre and 3 weeks post service.

\* If you have had any type of eye surgery, consult with the physician about how long you should wait before having a permanent eyeliner procedure. Most physicians are giving a 2-month ok, after cataract, Lasik, and Blepharoplasty. The brow area numbs easily and takes 15 minutes to numb. Eyeliner procedures benefit most from client being relaxed. Antihistamines also help eyes not be so watery during eyeliner procedures. Watery eyes can dilute the pigment that is being implanted. Eyeliner swelling is moderate. Eyebrow swelling varies from client to client and sometimes quite noticeable

For **EYEBROWS**

\* Do not tweeze, wax, or dye brows for 2 weeks prior.

\* Do not use eyebrow growth serum for 2 weeks pre and 2 weeks post service.

\* Electrolysis should not be done for a week prior (if having services on brows).

\* Botox, fillers in brow area has a 2 – 3 weeks stand down time.

\*Roaccutane – should have a 6mths to a year stand down time.

\*Ibuprofen, Warfarin, Fish Oil, Aspirin, Coumadin, or any blood thinner medications should be abstained for a period of 3 days prior to appointment, (***this applies for all cosmetic tattoo procedures***).

\* To ensure that your shape is correct when microblading, sometimes the use of tattoo removal can be part of the procedure.

For **LIPS**

\* If you get cold sores you will need an antiviral (Virax) prescription. Physicians usually instruct; to begin taking it 3 days before procedure, for a 7-10-day course, or you can get Lysine tablets. Which need to be used prior to and after the treatment). These are some of the medications to a cold sore outbreak.

Ice cubes used after the treatment will also help prevent lip virus; as well as reduce any swelling. This can also help as a preventative to a cold sore break out. It is important you do not take any vitamin B or Aspro prior to any procedure. Disprin, Ibuprofen and Warfarin thins the blood, if you are on blood thinning tablets & Fish oil capsules, it is highly recommended that you ask your doctor if you can go off these tablets if contemplating having your brow or lip tattooed. You will have excessive bleeding if on blood thinning tablets and excessive bleeding can mean the skin will not hold or accept the pigment very well. Any of these medications should be stopped for at least 3days prior, (please see your doctor

\* If you have had any type of lip surgery, consult with your physician about how long you should wait before having a cosmetic tattoo makeup procedure on the lips. Most physicians are giving a 3-week ok after lip filler injections like collagen or Restylane. If lip surgery involves an incision (like a lip implant), the incision needs to mature about 6 months before tattooing on top of it.

\* Oral prosthesis dentures/ partials/ braces and tongue piercing bars may increase risk of getting bacterial and/or fungal infection from the mouth to the lips. Frequent or recent sinus infection can put lips at risk of infection.

**ABOUT JULES**

I have been active in the Cosmetic Tattooing since 2008. I have been in the beauty industry since 1983, working with French houses in an exclusive Pharmacy. I have been involved in makeovers for face and body, working closely with photographers in photo shoots for high end fashion labels. My experience has been working with corrective makeup extensively. My qualifications are: -

* Certified Nail Technician
* Certified internationally trained Aesthetician (with Honours)
* Certified Electrologist (Credit)
* Certified Micro Dermal Needling (Collagen Induction) pen specialist
* Certified Energist Variable Pulse Light – Hair Removal/ Red Vein- Pigmentation & Skin Rejuvenation
* Certified Cosmetic Tattooist – Training has been obtained from Master Trainers all over the world, in Micro blading, Soft Tap and Machine work
* Certified Non-Laser Cosmetic Tattoo Removal
* Certified in Cosmetic Tattooing Colour Pigment Therapy

I travel overseas yearly to keep my skills up to date so I can offer you my client, exceptional services and up to date Cosmetic Tattooing latest trends. I now specialise in Cosmetic Tattooing.

**IMPORTANT THINGS TO REMEMBER:**

* A $100 non-refundable deposit is required for all treatments to guarantee and secure the service at the time of booking.
* You must be 18 years or over, unless verified by a parent. You may be required to verify.
* I cannot perform cosmetic tattooing on pregnant women. If you are breastfeeding you must express for 24 hours after the treatment.
* No alcohol 24hrs prior to procedure and no caffeine on the day of procedure.
* *You will not be able to donate blood for one year.*

Facebook page:

Cosmetic Tattooing by Jules (@infoCTC)Website: www.cosmetictattoopalmerstonnorth.co.nz