



JAN BEARD ESTHETICS, INC

PERMANENT MAKEUP PRE AND POST CARE

It is my goal to ensure that you love your makeup outcome. For best results it is important that you strictly adhere to the following guidelines before and after your procedure. Please contact Jan at 561-303-8229 or jbeard24k@gmail.com with your questions or concerns.

GUIDELINES FOR ALL PROCEDURES

- NO ALCOHOL, ASPRIN, ASPRIN CONTAINING DRUGS, IBUPROFEN, OR OTHER BLOOD THINNING DRUGS OR SUPPLEMENTS 48 HOURS BEFORE PROCEDURE. DO NOT DISCONTINUE ANY DOCTOR PRESCRIBED DRUGS BEFORE CHECKING WITH THEM.
- NO SUN OR TANNING ON FACE JUST AFTER OR PRIOR TO PROCEDURE
- NO MAKEUP WHEN YOU ARRIVE FOR APPOINTMENT
- NO CHEMICAL PEELS 4 WEEKS PRIOR AND NO FACIALS OR MICRODERM 2 WEEKS PRIOR AND 4 WEEKS AFTER PROCEDURE
- NO EXTREME EXERCISE OR SWEATING JUST PRIOR OR DIRECTLY AFTER PROCEDURE
- NO POOL, OCEAN, OR DIRECT SHOWER WATER ON TREATED AREA UNTIL HEALED
- NO STEAM ROOMS, SAUNAS, HOT TUBS OR SPAS, HOT BATHS OR SHOWERS FOR 7 DAYS
- NO FACE SLEEPING FOR 5 DAYS
- NO EYE CREAM, FACIAL SKINCARE, PEROXIDE, NEOSPORIN, BACITRACIN, LITISSE, LASH/BROW GROWTH SERUMS NEAR TREATED AREA
- NO PICKING, SCRUBBING OR SCRATCHING TREATED AREA
- NO TWEEZING, WAXING, COLOR TINTS, PERMS, LAMINATION OR ELECTROLYSIS 7 DAYS BEFORE OR AFTER
- WASH HANDS THOROUGHLY WITH ANTIBACTERIAL SOAP BEFORE TOUCHING, BLOTTING OR APPLYING OINTMENT

EYEBROWS

- BLOT BROWS EVERY 15 MINUTES DAY 1 WITH PADS PROVIDED TO REDUCE SCABBING
- KEEP BROW AREA DRY FOR 48 HOURS, DAY 3 MAY SPLASH WITH WATER AND PAT DRY
- APPLY OINTMENT FOR 7-10 DAYS, HEAVIER FIRST 3 DAYS, THEN SLIGHTLY GLASS BROW AREA
- BROWS WILL APPEAR DARKER UNTIL THEY PEEL AFTER A FEW DAYS, THIS IS NORMAL, TRUE COLOR WILL SHOW IN ABOUT 3 WEEKS. ANY LIGHTER AREAS WILL BE CORRECTED AT 2ND VISIT.

EYELINER

- NO CONTACT LENSES BRING YOUR GLASSES TO PROCEDURE, CAN RESUME WEARING CONTACTS IN 2 – 3 DAYS
- USE EYE PADS PROVIDED AND APPLY COLD COMPRESS FOR DAY 1, MAY REPEAT FIRST THING DAY 2 IF NEEDED
- APPLY PROVIDED OINTMENT AT BED TIME DAY 1 AND 2, USE A VERY SMALL AMOUNT
- DAY 2 CAN RINSE WITH COOL WATER AND GENTLY BLOT DRY, NO RUBBING
- DO NOT USE MASCARA FOR 7 DAYS, BEST TO START WITH NEW MASCARA
- EYELIDS MAY BE SWOLLEN AND PINK FOR 1-3 DAYS

LIPS

- MUST PREMEDICATE WITH AN ANTI VIRAL IF YOU HAVE EVER EXPERIENCED A COLD SORE
- BLOT LIPS EVERY 15 MINUTES WITH PADS PROVIDED TO PREVENT EXCESSIVE SCABBING
- USE A STRAW TO DRINK FOR 3 DAYS
- AVOID HOT AD SPICY FOODS OR BITING INTO FRUIT, SANDWICH ETC.
- KEEP LIPS LUBICATED

I understand and agree to follow the guidelines set forth here

NAME: _____
SIGN: _____
DATE: _____

TECHNICIAN: _____
SIGN: _____
DATE: _____

