



For all Intra-dermal Cosmetic Procedures

- ✿ Immediately following treatment apply ice to the treated areas for 10-30 minutes. Ice helps to reduce the swelling and aids in the healing process.
- ✿ Do not rub or pick at the epithelial crust, allow it to flake off on its own. There should be absolutely no scrubbing, cleansing creams, or chemicals. Gently rinse the treated area with a mild anti-bacterial soap. Rinse with water and lightly pat the area dry. Do not expose treated areas to the full water pressure of a shower, until the area has healed.
- ✿ Do not soak treated area in a bath, swimming pool or hot tub. Do not swim in fresh, salt, or chlorinated pool water for at least 2-4 weeks following your procedure.
- ✿ Limit sun exposure for 14 days following the procedure.
- ✿ Use sterile bandages and dressings when necessary.
- ✿ You will not be allowed to donate blood for 1 calendar year following your procedure, per the guidelines of the American Red Cross.

The following must be avoided during all 14 days post procedure:

- ✿ Increased sweating
- ✿ Swimming
- ✿ Hot sauna, hot bath, or Jacuzzi
- ✿ Sun tanning or salon tanning
- ✿ Exposure to UV/UVA Rays or chemicals as they have been known to cause a shift in color and premature fading
- ✿ Any laser or chemical treatments or peelings, and/or any creams containing Retin-A or Glycolic acid on the treatment area
- ✿ Picking, peeling, or scratching of the micro pigmented area in order to avoid scarring of the area or removal of the pigment
- ✿ Drinking alcohol in excess, as it may lead to slow healing of wounds
- ✿ Touching of the eyebrow area except for when rinsing
- ✿ No facials, botox, chemical treatments or microdermabrasion for 4 weeks
- ✿ Avoid direct sun exposure or tanning for 4 weeks after the procedure. Wear a hat when outdoors.
- ✿ Avoid sleeping on your face for the first 10 days