

# THE PREP

You will get much better results when you properly prep. It all starts with a good canvas! The eye and lash line area must be healthy, strong, non-sensitive and non-irritated. Here's how to get your skin ready for the procedure.

- Do not tan two weeks prior or have a sunburned face.
- Do not have any type of facial/peel 2 weeks prior to treatment.
- Discontinue Vitamin A/prescribed Retinol products one month prior to treatment.
- Do not work out the day of the procedure.
- Do not have botox around the eye area 4 weeks prior.
- Do not take Fish Oil or Vitamin E one week prior (natural blood thinners).
- Discontinue all lash enhancing serums at least 8 weeks prior.
- Eyelash Extensions must be removed one week prior.
- No lash lifts or tints 10 days prior to Eyeliner.
- Remove contact lenses prior to your appointment.
- Do not wear makeup or moisturiser to your appointment.
- If you've had previous eye/LASIK surgeries, must have clearance from Doctor for PMU Eyeliner.



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- In order to avoid excessive bleeding and poor colour deposit:
- Do not drink alcohol 24 - 48 hours before your tattoo.
- Do not consume coffee the day of your procedure.
- Do not take an aspirin or ibuprofen for pain relief the day of your procedure (this thins the blood).
- Do not taking sliming injections for 8-12 weeks prior. These cause excessive bleeding and sensitive skin.



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