

AREOLA

PRE-CARE ADVICE

Pre-care instructions **MUST BE STRICTLY FOLLOWED** to limit bleeding and skin sensitivities during the service. Excessive bleeding and sensitivity during the procedure will dilute and expel the pigment color and lead to poor results. Each client's skin will respond differently, both in the length of time it takes to heal, and the number of sessions needed for your desired results. This information acts as a guideline only, and we cannot guarantee your results. Every client's treatment plan is unique to their treatment, skin trauma and health history.

- Shower, clean the area being treated.
- No sauna or tanning 1 week prior
- No blood thinners or pain killers
- Must be at least 4 Months post op with healed wounds
- No antibiotics 2 months prior
- No caffeine 24 hours before your appointment
- No alcohol 24 hours before your appointment
- Do not put any oils, lotions, or creams on the area being treated on the day of your appointment.
- Eat before your appointment to promote good feelings and help with your pain threshold.
- Before your appointment, buy a cold press to use for your aftercare healing.
- The skin must be free of all irritations including blemishes, eczema, and psoriasis. Do not scratch the area before the procedure.
- Must be off Accutane medication for six months prior to getting a Cosmetic Tattoo.
- Stop taking Fish Oil, Vitamin C, Glucosamine, Evening Primrose Oil, Ginger, one week prior to your appointment as they thin the blood.
- Discontinue the use of any anti-aging, skin brightening or anti-acne skincare products. Particularly those that contain Alpha Hydroxy (AHA), Vitamin A, Retinol. Ideally, do not use these products for 30 days prior to your appointment, and yes, even if you do not use it near the area to be treated it does spread under your skin and your cosmetic tattoo will heal patchy. Once your tattoo has healed under the skin surface (approximately 6 weeks following your final session) you may resume your usual skin care routine.
- Do not schedule any facials, microdermabrasion, microneedling, peels or laser treatments for at least 4 weeks prior to your appointment.
- Do not have cosmetic injections on the forehead for at least two weeks prior to your appointment.
- Please avoid any type of blood thinning medication for a minimum of 72 hours prior to your procedure unless is unsafe to do so for your health. Please ask your doctor before stopping these types of medications. Such as: Ibuprofen, Aspirin, Advil, Niacin, Voltaren or Indocid. As well as prenatal vitamins, Vitamin E or nutritional shakes. Tylenol is recommended if you have a low pain tolerance.
- Avoid sun tanning or tanning beds for 2 weeks prior to procedure. If you show up to your appointment with a sunburn you will need to reschedule and will forfeit your deposit. As your skin exfoliates from a sunburn it will take the pigment. Tanned skin is damaged skin, and your color will not heal properly.
- Do not tweeze, thread, wax, tint, or perform electrolysis 1 week prior to the procedure.
- Scars from surgery or injury must be healed for at least one year prior to service.
- Please note that you will be more sensitive during your menstrual cycle.
- Avoid Smoking beginning 4 weeks prior to appointment

AREOLA AFTERCARE

You'll find that your cosmetic tattoo will last between 1 - 3 years after their initial 4-6 week touch up session.

- Do not shower for 12 hours. When you do so make sure to use a fragrance free cleanser
- Wear loose-fitting clothing, do not wear a tight-fitting bra for at least 48 hours.
- Apply a cold compress over the top of your clothing on the treated area every 2-4 hours for 10 minutes for the first 2 days to help with swelling and faster healing times.
- Keep the area clean. Gently wash with clean hands only and a mild unscented cleanser.
- For at least 5 days avoid vigorous exercise that may cause excessive sweating, and hot environments like saunas/hot tubs/pools or hot showers/baths.
- Do not apply makeup or skincare products on the treated area for 2 weeks.
- DO NOT PICK OR DISTURB THE CAMOUFLAGE / PIGMENTED AREAS. Picking can cause scarring or undesirable pigmentation loss.
- Refrain from sun exposure and always use an SPF 40 or higher on the treated area when exposed to the sun.
- Do not panic about the area appearing darker and bolder, it will soften and lighten.
- Refrain from microdermabrasion and strong chemical peels in the treated area.
- You can never have laser treatments on the treated area, forever.
- Do not take Advil or any other anti-inflammatory 24hrs following your procedure
- Avoid Sweating for 8 full days (No gym, no working out, etc)
- Do not use any other ointments, creams or antibiotics until fully healed.
- Redness, Swelling, Tightness and Sunburned feeling are all normal for the first 7 days
- Future touch-up appointments are required to maintain their shape and depth of color. If you do not maintain, the color will lighten over time. Fading greatly depends on your skin type, lifestyle, sun exposure, pigment color used, broken capillaries, and iron deficiency. We suggest that if you want to maintain your tattoo so that they always look their best, plan on scheduling a touch up once a year for best results.
- Use a good sunscreen on the area if you plan to be in the sun for a prolonged period of time. Sun exposure will fade your cosmetic tattoo overtime. Smokers, sun worshippers, or anyone with skin that is in a state of distress may have less desirable results. Sun exposure will make the color fade faster.
- If you are planning a chemical peel, laser procedure or MRI scan, inform the technician of your cosmetic tattoo.
- The use of Retin-A/Tretinoin, hydroquinone, or any other rapid skin exfoliation used regularly on any area surrounding the brow area will cause your cosmetic tattoo to fade prematurely.
- The use of chemical peels, acid peels, lightening or any brightening products that targets hyper-pigmentation used regularly on the forehead region can cause permanent eyebrows to fade prematurely.
- The use of exfoliating cleansers, scrubs, cleansers with acne fighting ingredients or "acid" in the name will cause rapid exfoliation of the skin containing the pigment and will increase odds of premature fading.

If during the healing process you have any questions or concerns, do not hesitate to email us at contact@thekokobella.com or text us at 614-452-9821.