



Machine Eyeliner Tattoo
(upper, lower, eyelash enhancement, smudge, stardust, etc.)
Aftercare Instructions

Have the following ready to go before your appointment; you won't feel like shopping right afterward:

- You may take **Melatonin OR Benadryl** (not both, please) **an hour before your appointment** to help you relax during the procedure
 - Melatonin is a natural sedative you can find at any drugstore or vitamin section of a grocery store
 - In addition to gentle sedation, Melatonin has natural anti-oxidant & anti-aging effects
 - Benadryl helps you relax and also reduces tearing up during & swelling after the tattoo process
 - **You must arrange a ride home if you choose to use Melatonin or Benadryl**
- A **brand-new tube of non-waterproof mascara**, if you use it
- **Visine All-Day Comfort Dry Eye Relief Lubricant Eye Drops** (available from Fred Meyer's)
- **Neosporin Multi-Action Antibiotic + Pain + Itch + Scar ointment** (available from Fred Meyer's) **BRAND-NEW TUBE!!**
- **Neutrogena Dry-Touch 40-70 SPF Sunscreen** (available from Fred Meyer's)
- **Q-Tip-type cotton swabs** set aside for just your tattoo (for careful cleaning of the area); do not use swabs from the "family container"
- **Couple boxes of chamomile tea bags** (for soaking & keeping wet in a baggie in the fridge – NOT FREEZER!)
 - You can wet the tea bags with water, squeeze it out, and then place them in a baggie in the fridge; they'll be there waiting for you, ready to go!
 - **Save about 2/3 of the tea bags** for soaking in hotter water, letting cool slightly, and using warm beginning on Day 3.
- **Bounty paper towel** for blotting; tissues tend to leave lint behind
- **Burt's Bees Facial Cleansing Towlettes, Normal Skin & Burt's Bees Sensitive Daily Moisturizing Cream** (available in the Health Foods section of Fred Meyer's) OR **Kroger brand REMOVE Calming, Makeup Removing & Cleansing Cloths** and **grapeseed oil** (Fred's)
- Bring to your appointment:
 - **A hat** that protects your tattoo from sunlight (even if it's cloudy out)
 - **VERY IMPORTANT: Eyeglasses instead of contacts**, if you normally wear contacts
 - **VERY IMPORTANT: Sunglasses**, as your eyes may be sensitive to light
- Aftercare ointment (supplied at your appointment)
- La Bellissima Cleansing Foam (supplied at your appointment)

Do not touch your new tattoos directly other than cleaning or applying aftercare & other ointments; you may infect them!

Immediately after your procedure:

1. Put on your hat

5 minutes after your procedure:

1. Using a new, clean Bounty paper towel (supplied at your appt), begin blotting any lymphatic fluid seeping from your new tattoo
2. Continue blotting every 5 minutes for the first few hours

30 minutes after the procedure:

1. First, wash your hands very well using **liquid soap**. Dry with a **paper towel**.
 - Note that bar soap and cloth towels are not hygienic and harbor all sorts of nasty bacteria
2. Cleanse your new tattoo by wiping gently with a **wet Q-Tip** (just use plain water for now)
3. Pat dry with a **Bounty** paper towel
4. Place a wet (not sopping), cool (NOT FROZEN) **chamomile tea bag** on your lids to help soothe & reduce swelling, keeping it there for 10-30 minutes
5. Pat dry with a **Bounty** paper towel
6. Apply a very thin layer of aftercare ointment I will give you, using a new, clean Q-Tip

First 24 hours:

1. Repeat cleansing with a clean, wet Q-Tip **every 3-4 hours that you are awake**; pat dry with **Bounty** paper towel
 - *Remember to clean your hands first, rinse very well, and dry with a paper towel*
2. Place a wet (not sopping), cool (NOT FROZEN) **chamomile tea bag** on your lids to help soothe & reduce swelling, keeping it there for 10-30 minutes, no more than 3-4 times per day. **DON'T OVERDO IT!**
3. Pat dry with a **Bounty** paper towel
4. Apply a very thin layer of the aftercare ointment with a new, clean Q-Tip
5. Apply **Visine All-Day Comfort Dry Eye Relief Lubricant Eye Drops** *before bed*
6. You may apply the **Neosporin Multi-Action Antibiotic ointment 1-2 times during the first 24 hours**
7. Place a **clean pillowcase** on your pillow for added protection (avoid light colors in case some pigment comes off your brows).
8. Plan sleeping with **your head elevated** on the first few nights

Days 2-7:

1. Cleanse your lids **3-4 times daily** by making very light circular motions using the **La Bellissima Cleansing Foam**. Do one eye at a time, keeping your lids shut. Rinse very well: 10-12 splashes! Pat dry with a **Bounty** paper towel
 - *Remember to clean your hands first!*
2. On **Day 2**, continue to place wet (not sopping), cold (NOT FROZEN) **chamomile tea bags** on your lids to help soothe & reduce swelling, keeping it there for 10-30 minutes every few hours; pat dry with a **Bounty** paper towel
3. **Always apply a very thin layer of the aftercare ointment** with a new, clean Q-Tip after cleaning or soaking; it's crucial to keep the skin moist!
4. Apply **Visine All-Day Comfort Dry Eye Relief Lubricant Eye Drops** *before bed* as well as at *any time you feel dry discomfort*; it's okay to go into your eyes
5. You may apply the **Neosporin Multi-Action Antibiotic ointment 1-2 times** per day through **Day 3**
6. **Beginning on Day 3**, you may start placing a wet (not sopping), warm (NOT HOT) **chamomile tea bag** on your lids to help soothe, keeping it there for 10-30 minutes several times a day or whenever you feel like it; pat dry with a **Bounty** paper towel
7. **Limit showers to 5 minutes** so your pores don't open, causing salt- and oil-containing sweat to disturb your new tattoo

THE FOUR ENEMIES OF TATTOO RETENTION

(1) **SALT** (found in sweat & salt water); (2) **UV RAYS** (found in daylight & tanning booths); (3) **EXFOLIATION** (found in anti-aging & anti-acne products); (4) **CHLORINE** (found in pools & Jacuzzis)

DO's & DON'Ts

- Don't take ibuprofen (Advil), Aleve, aspirin, fish oil, niacin, or Vitamins A or E for **48 hours**
 - These are all blood thinners that could make you bruise or bleed even after your appointment
 - You may take acetaminophen (Tylenol) for any pain
- Avoid **caffeine, alcohol & smoking for 48 hours**; caffeine & alcohol are blood thinners; smoking inhibits healing
- **No contact lenses** for the first **24 hours!**
- **Blot any oozing** with a Bounty paper towel
- **Don't sleep on your face** for **1 month**
- Do sleep with your **head elevated** on the **first few nights** to reduce swelling
- **Don't put your face in the direct line** of the shower spray for **2 weeks**
- Don't apply Vaseline, white petroleum, A & D ointments, coconut oil, Vitamin E, aloe vera, or anything other than products recommended in these aftercare instructions
- **DO inform me IMMEDIATELY if you have any of the following symptoms:**
 - Constant intense itching, abnormal thick yellow discharge, yellow crust, hot burning pain, or anything unexpected
 - Although some redness, swelling, oozing, and itchiness are to be expected, if extreme, these symptoms could indicate an **allergic reaction** to any one of **cleansers** or **ointments**. **Discontinue use and switch to water & grapeseed oil if this occurs**
- **Don't exercise, use a sauna, or engage in any other activities** that will cause you to **sweat** for the next **2 weeks**
 - Exercise heats the body, opening the pores and making you sweat; sweat contains oil & salt, which bleaches out pigment & disrupts the tattoo
- Don't expose your eyes to **daylight or UV rays** (e.g., tanning beds) for **2 months**
 - Sunlight bleaches out pigment
 - Do wear **hats** and **large sunglasses** for the first **7 days**
- **Don't apply makeup, eyeliner, or creams** of any kind (other than as listed in these instructions) to your eyes for **2 weeks**; if absolutely necessary, you may apply mascara to the **tips** of your lashes only using a **brand-new, unopened tube of NON-waterproof mascara** that will wash off easily with the La Bellissima Cleansing Foam
- After the first **7 days**:
 - In the morning, do **gently** cleanse your eyelids with the **La Bellissima Cleansing Foam, Burt's Bees Facial Cleansing Towlettes, or Kroger brand REMOVE Calming, Makeup Removing & Cleansing Cloths**
 - Apply the **Neutrogena Dry-Touch** afterward; use it as a moisturizer and makeup primer for your entire face, applying it very gently on the eyelids
 - In the evening, again, **gently** cleanse your eyelids with the **La Bellissima Cleansing Foam, Burt's Bees Facial Cleansing Towlettes, or Kroger brand REMOVE Calming, Makeup Removing & Cleansing Cloths**; moisturize the eyelid area with **Burt's Bees Sensitive Daily Moisturizing Cream** or **grapeseed oil** (you can use both on your entire face, but keep in light from cheekbones up)
 - If you prefer anti-aging or anti-acne cleansing & moisturizing products, you can use those from your **cheekbones, down. Keep such products away from your tattoo for as long as you want it to last**
- Don't apply **anti-aging** or **anti-acne** treatments, scrubs, or abrasive creams **near your eyes** for **2 months**
 - This includes cleansers & moisturizers labeled as "anti-aging" or "anti-acne"
 - It also includes prescription & nonprescription Retin-A, chemical peels like Alpha Hydroxy Acids (AHA) and other acids, and the use of ClariSonic brushes, abrasive scrubs and creams
 - Do not apply these anti-aging/anti-acne treatments **directly on the eyelids EVER**
- Don't submerge your face in **chlorinated pools** or **Jacuzzis** or **salt water** for **1 month**
 - Both saltwater and chlorine are bleaching agents and irritants to your healing tattoo
 - **After the first month, do apply a thick coat of Vaseline** on your lids for swimming, but as soon as you're out of the water, wipe off the Vaseline and apply sunscreen
- Don't submerge in **fresh water lakes, ponds, or streams** for **1 month**; these contain microorganisms that can cause infection

What to Expect During the Healing Process

Immediately after the procedure, the effect will be quite intense, dark, and thick. Over the course of 2-4 weeks, the color will fade by up to 50%, and the color & shape will be closer to what you desired.

1-3 days after the procedure, you'll be in the **acute healing stage**. You may have blanching from the anesthetic, swelling, redness, skin sensitivity, minor bruising and/or slight discomfort. Swelling can last 3 days. These are all normal side effects. You may take Tylenol (acetaminophen), but avoid aspirin, Advil (ibuprofen), or Aleve.

To reduce swelling, apply wet, cold chamomile tea bags for 10-30 minutes, 3-4 times per day, patting dry & applying aftercare ointment immediately afterward. Remember to sleep with your **head elevated**. You can also apply the Neosporin ointment for the first few days, but no longer. **Discontinue use of the Neosporin after Day 3.**

Your **eyelashes** might stick together in the morning from the ointment and general healing. This is **normal**; apply a **CLEAN, warm, wet (not sopping) washcloth** for a couple of minutes to help soften the area and make it easier to open your eyes. **Then proceed with normal cleaning & care as directed.**

4-7 days after the procedure, the top layer of the skin will start to become **flaky** and **itchy** and **may start peeling off**. **Do your best to avoid picking or scratching. Don't even "help" a flake or scab that is hanging by a thread.** Apply a cold or warm (whichever helps most) tea bag, compress, or washcloth, and/or apply a very thin coat of the aftercare ointment to address any itching. Always pat dry & apply the ointment after tea bag or compress use. Let your new tattoo heal naturally. The new exposed pigments will eventually soften and settle into an appropriate natural appearance.

8-10 days after the procedure, **scabbing and shedding may occur**. You may still have the urge to scratch the area; refrain from doing this because there is a chance the pigments can fall out. If needed, continue to calm the area with a cold or warm (whichever helps most) tea bag, compress, or washcloth. The best healing component is simply oxygen. It's best to simply let your skin breathe.

10-14 days after the procedure, the initial "intense" color will have almost faded and the desired color shade will start appearing. Please note that it is normal for the color to disappear completely – and then come back. Be patient!

4-8 weeks after the procedure, it will be time for your touch-up appointment, which we'll schedule at the time of your initial service. There is a small nonrefundable deposit & separate (small) fee for this.

1-3 years (or more) afterwards, you may need a **Color Boost**. Please schedule this at least one month in advance. The price is determined by how long you've waited to have a Color Boost and how much work you need done, which in turn is determined by factors such as your skin type (oily skin, for example, tends to fade fastest) and your aftercare, especially sun exposure, anti-aging treatments, and exposure to chlorine and salt water.

Never hesitate to contact me via text at **503-706-8641** if you have ANY questions or concerns. Keep in mind that my phone is always on silent and I am often up late. Either way, you won't disturb me! I'm always here for you! Thank you for trusting me with your new look!

Martha