

Permanent Makeup (PMU) Pre-Care Guide

Please read the following information carefully before attending your cosmetic tattoo appointment. Following these guidelines will help ensure the best healed results and a smooth treatment process.

General Pre-Care (All PMU Treatments)

- Do not consume alcohol for 24 hours before your appointment.
- Avoid caffeine on the day of your treatment as it can increase sensitivity and bleeding.
- Avoid blood-thinning medications such as aspirin or ibuprofen for 24 hours prior (unless prescribed by your doctor).
- Avoid sunbeds, tanning, or sunburn on the treatment area for at least one week before your appointment.
- Do not have Botox or dermal fillers in the treatment area within 2 weeks prior to treatment.
- Avoid chemical peels, laser treatments, or strong skincare (retinol, acids) on the area for at least 2 weeks before.
- Please arrive with the treatment area clean and free from makeup.

Eyebrow Tattoo Pre-Care

- Do not tint or laminate your brows within 7 days before your appointment.
- Avoid waxing, threading, or plucking the brow area for 48 hours before treatment.
- Avoid using retinol or active skincare products around the brow area for at least one week prior.

Eyeliner Tattoo Pre-Care

- Do not wear contact lenses to your appointment.
- Avoid eyelash extensions during your eyeliner tattoo appointment.
- Remove lash extensions at least 48 hours before treatment if possible.
- Avoid lash lifts or tints for at least one week prior.
- Stop using eyelash growth serums (such as Latisse or similar products) at least 4 weeks before your appointment, as they can increase sensitivity and bleeding in the eyelid area.

Lip Blush Tattoo Pre-Care

- If you have ever had cold sores, you must take antiviral medication (Aciclovir) as prescribed by your GP.
- Medication should be taken 5 days before and 5 days after treatment to prevent a cold sore outbreak.
- Keep lips well hydrated in the days leading up to your appointment.
- Avoid lip fillers for at least 4 weeks before lip blush tattooing.

Waxing & Skin Preparation

- If waxing the treatment area (such as brows or upper lip), this must be done at least 48 hours before your appointment.
- Freshly waxed or irritated skin may not be suitable for treatment.

If you are unsure whether a medication or medical condition may affect your treatment, please contact your technician before your appointment.