



## **Kim Edward Koger, M.D.**

### **Aftercare Instructions: Permanent Make-up**

#### **For Eyebrows, Eyeliner, Lip Liner and/or Full Lip Color**

Micro Pigment Implantation, otherwise known as permanent make-up is a two step process. The final result cannot be determined until after the touch up application. To achieve the desired result, your cooperation is required to adhere to the following instructions.

**For the First Week** – Avoid on the pigmented area: water, soap, facial cleanser, make-up, Retin-A, terry cloth towels, chlorine pools, salty water, sun exposure, Jacuzzi's, sauna or steamy, long showers.

**Moisture** – Keep the area of pigmentation moist 3 times a day with the topical antibiotic recommended to you, or Bacitracin, for a minimum 3 times a day. If a crust appears on the pigmented surface, **DO NOT PICK** or **REMOVE** the crust.

**Swelling**- Apply an enclosed ice bag or frozen bag of peas gently to the pigmented area for the first few hours 10 minutes on and 10 minutes off. Sleeping with your head slightly elevated will help to reduce swelling as well.

**Discomfort** – Tylenol taken as directed is all that should be needed if you experience some discomfort or tenderness.

#### **Eyeliner:**

- Follow same instructions as above
- Contact lenses may be inserted 1 day after the procedure
- One week after the procedure, change to a new tube of mascara
- Do not rub eyes

#### **Lip Liner:**

- Follow same instructions as above
- Lips should be kept moist ALL of the time
- Blot lips instead of wiping
- Drink through a straw whenever possible

**Eyebrows:**

- Follow same instructions as above
- Keep hair off of eyebrows

Do not be alarmed by fading after the first application. The final color cannot be determined until weeks after the final touch up application. This is the reason follow ups are required. After healing, sun block must be applied on all permanent make-up procedure sites to prevent fading.

In the event that you would have any laser or IPL treatments in the area of your permanent cosmetics, please inform the physician/technician that you have permanent makeup and to avoid the areas. Laser or IPL can discolor permanent makeup and cause it to darken.

In the event of a CAT SCAN or MRI SCAN, please inform the radiologist that you do not have Iron Oxide permanent cosmetics. All of the pigment we use is natural and does not contain anything that would interfere with your study.

Our ultimate goal is to assist you in looking your best. Originally, if you choose a conservative approach to permanent make-up, but after the initial application you change your mind and desire a substantial addition to the brow size, wider liner or darker lip color there may be a slight additional charge. This will be determined and discussed with you prior to doing the additional work. We are happy to accommodate your special requests and the slight additional charge is only because it often times requires as much time as the original procedure and may also require an additional touch up appointment.

## Healing Schedules

**Lips:**

Day:	Effect:
1	Swelling, tender, heavy thick lipstick look with a reddish brick color effect
2	Slight swelling, reddish and tender with a slight metallic flavor
3	Less swelling, thicker texture, sore, hot feeling before exfoliation with an orange color effect
4	Exfoliation begins, very chapped lips
5	Very chapped- almost finished with first chapping stage
6	A soft, rich color begins to appear
7-13	Lip color disappears and the “frosty” stage (2 <sup>nd</sup> chapping stage) begins as a whitish, grayish haze on the lips
14	Color “blooms” from within more and more each day until day 21 (3 weeks post procedure)
21	Healing complete: the color you see is the color you have. Your lips will remain a bit dry for a month or two- use a good lip balm and they will return to normal but with full color!

**Eyeliner:**

Day:	Effect:
1	Swollen, like you’ve been crying with a heavier eye make-up look continuing
2	Swollen, generally for a few hours after waking up, with heavier eye make-up look continuing
3	Swelling decreases with a tight feeling. The pigment begins to lift away from the skin
4	There is a “pinching” feeling, with some itching, which is normal as the skin begins to flake. DO NOT PICK AT THE SKIN!
5	Blinking movement of the eye usually removes all pigment by this day. Color is somewhat grayish and will take a few more days to clarify to full color

## **Eyebrows:**

<b>Day:</b>	<b>Effect:</b>
1	The eyebrows are approximately 20-25% darker and bolder in width than they will be when healed. Your skin is red under the pigment which causes the color of the pigment to appear darker. There is some swelling, although difficult to actually see due to the thickness of the skin in the eyebrow area. This will subside. Exfoliation, which begins in a few days, will cause the excess pigment surrounding the eyebrow procedure to flake away and a more narrow appearance will result. New skin will heal over the pigmented area and result in a softer appearance of your eyebrows. Don't be concerned that your eyebrows initially appear darker and heavier in size than you desire. This is all part of the process.
2	Conditions remain the same
3	Eyebrows start to itch and will appear a bit thicker in texture. Exfoliation begins
4	The skin begins to flake, peeling from the outside edges first
5	Color finishes flaking off and appears softer and grayer for a few days until color clarifies



NOTE: Do not use Retin A or Glycolic Acids while healing!

Do not use Peroxide or Neosporin on ANY areas!

Do not scrub or pick areas!

Do not expose area to sun or tanning beds!

Avoid facials, swimming and/or whirlpools for at least 5 days!

Do not dye or tweeze eyebrows one week before and after procedure!

FAILURE TO FOLLOW POST-PROCEDURE INSTRUCTIONS MAY RESULT IN LOSS OR DISCOLORATION OF PIGMENT.

THE KNOWN POSSIBLE COMPLICATIONS FROM MICROPIGMENTATION ARE: REDNESS, SWELLING, PUFFINESS, BRUISING, DRY PATCHES, TENDERNESS. IT IS NORMAL TO LOOSE APPROXIMATELY 1/3 OF THE COLOR DURING THE HEALING PROCESS. AFTER INITIAL PROCEDURE, THE COLOR MAY BE A SHADE TOO DARK, IN SIX DAYS IT WILL APPEAR TOO LIGHT, AFTER 10 DAYS, THE COLOR WILL COME FROM THE DERMAL LAYER OF THE SKIN TO THE EPIDERMAL LAYER OF THE SKIN.

**PLEASE DO NOT HESITATE TO CALL OUR OFFICE IF YOU HAVE ANY QUESTIONS.**

4600 Military Trail, Suite 202 Jupiter Florida 33458

Phone (561) 748-1565 Fax (561) 748-1568