



Ju Ju Cosmetic Tattoos



FAQS

Can I Wear Contact Lenses After the Permanent Eyeliner Treatment?

You shouldn't wear contact lenses for **about 5 days** after your permanent eyeliner treatment. The permanent tattoo eyeliner aftercare period entails some swelling, itching and tightness, so wearing contact lenses can be uncomfortable until everything settles.

Why Do I Need the First Touch Up?

We treat all PMU treatments as a 2-visit procedure, with the 1st touch up included in the price. As the skin recovers, some of the pigment is lost due to flaking and the body working to extract the foreign substance. The lost pigment is replenished at the touch up, where the artist adds more color, and can modify the shape if you want it thicker. Once you're through with aftercare pmu still needs some time to heal, so the touch up is scheduled after **6 weeks** after the initial treatment, but not more than **8 weeks** after.

Can I Wash My Face After PMU Treatment?

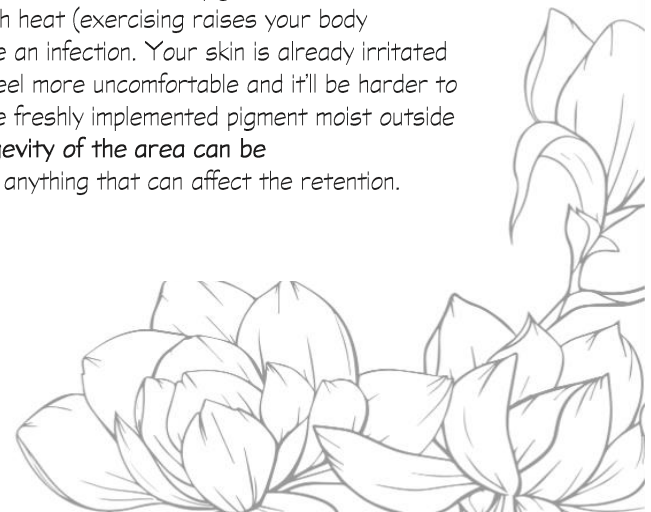
Yes, washing your face is allowed if you are careful. You'll have to be gentle and you mustn't rub the treated area. The best option is to softly clean it with a wet cotton pad, avoiding the treated area. After 3 days, you can wash your face as you usually do, but avoid harsh cleaners.

Can I Shower After PMU Treatment?

Yes, you can shower after the treatment, but don't take long showers because the steam can affect your pigment. Make it as quick as possible. You should avoid steam, as well as excessive sweating, in other circumstances too, so no steam baths or saunas.

Can I Work Out After PMU Treatment?

No. you should wait 14 days to minimize the chance of infection or irritation, may slow down the healing process, and could affect the quality of the healed results. If sweat gets into the punctures of machine micropigmentation, it creates **the perfect breeding ground for bacteria**. Moisture combined with heat (exercising raises your body temperature) means perfect conditions for bacteria to reproduce and cause an infection. Your skin is already irritated from the procedure. **Exposing it to sweat will just make it worse**. You'll feel more uncomfortable and it'll be harder to refrain from touching the area, which is a huge aftercare no-no. Getting the freshly implemented pigment moist outside of the necessary cleaning affects its settling process. As a result, **the longevity of the area can be shortened**. Pigment settling is a delicate process and you don't want to do anything that can affect the retention.





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PMU Prep

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

- Do not pick/tweeze/wax/perform electrolysis one week before the procedure
- Do not tan two weeks prior or have sunburned face/skin
- Do not have any type of facial 2 weeks prior to treatment
- Do not work out the day of the procedure.
- Do not have Botox 3 weeks prior
- Do not take Fish Oil or Vitamin E one week prior (natural blood thinners)
- Do not wax or tint your eyebrows 3 days before the procedure.

In order to avoid excessive bleeding and poor color deposit:

- Do not drink alcohol 24 - 48 hours before your tattoo
- Do not consume coffee or any caffeine before your procedure
- Do not take an aspirin or ibuprofen for pain relief (this thins the blood)

The results of your treatment can depend on your prep process. Think of it as putting on a primer to enhance the results of your makeup. No matter what treatment you are getting, **your skin and overall system should be well-primed by the time you arrive at your appointment.**

Here are some tips on preparing for your appointment.

1 month before the procedure avoid using retinol, salicylic acid, aggressive chemical peels, acne treatments, and facials. Harsh chemicals can make your skin more sensitive and reactive. Also, retinol specifically can cause the pigments to fade prematurely.

If you had Botox or fillers in the forehead area, wait **1 month** before your brow treatment. Because Botox needs some time to take effect, there's a chance your eyebrows end up asymmetrical. Botox won't affect your PMU but you should let your skin heal before injecting it and causing further trauma to the skin.

For 10 days prior to the procedure, avoid taking any medication and supplements that thin out your blood. This makes it harder for skin to retain pigment and makes the artist's job more difficult as you will bleed more. If you need them for a medical condition, check with your doctor if it's possible to pause the meds until you are done with your brow tattoo. If you are not able to pause medication, be sure to inform your artist prior to your appointment to make the necessary adjustments.

You need to avoid eyelash lifts and dyes for **a minimum of 2 days** before the procedure, although **longer than that would be better** (about 2 weeks).

In case you have eyelash extensions, remove them **minimum 3 days** before your eyeliner appointment.

At least 1 week prior to the appointment avoid any brow grooming such as tweezing, waxing, threading, dying, etc. **At least**

24 hours before your session, avoid consuming alcohol and caffeine and don't work out the day of the appointment to reduce unnecessary bleeding.

