

PERMANENT MAKEUP

Pre-Treatment Instructions

- Do not workout the day of the treatment as sweating expands the pores. We recommend not sweating for the first 10 days after the procedure as salt can affect.
- Do not take Asprin, Niacin, Vitamin E, Omega 3s, or Ibuprofen 48-72 hours prior to your procedure. Tylenol is fine.
- If you currently take blood thinners, consult your doctor if it's safe to stop 3 days before and 3 days after your permanent eyebrow appointment.
- DO NOT have any facial treatments prior to your appointment for one month, this includes: Botox, Laser, Fillers, Chemical Peels, Cosmetic surgeries, etc. 6 weeks prior to your appointment with us. This may result in unnecessary complications for both procedures.
- If you are getting permanent eyebrows, it is good to have them cleaned up a week prior to your appointment, but not necessary.
- Botox or filler must be done 6 weeks before or after procedure.
- Please note: You will be more sensitive during your menstrual cycle.
- Do not use active ingredients such as retinol, glycolic acid, or any prescription topical creams 3 days prior to your treatment.
- Stay well hydrated 48 hours leading up to your appointment to aid in the healing process.
- Avoid alcohol or caffeine prior to treatment, this will minimize any oozing or swelling after.
- You have to be off Accutane for 1 year - NO exceptions!
- Darker skin tones, please note that your permanent makeup will not appear as bold as lighter skin types. (Indian, African American, Filipino, etc.)

Please contact True Balance if you have any questions or concerns following your treatment - we are always happy to help!

Thank you for choosing True Balance Medical Spa. To provide our guests with the best experience possible, we kindly request that a minimum 24 hours' notice is provided if unable to make an appointment; cancellation or no-show fees may apply. We look forward to seeing you soon!