

# blümin

C O S M E T I C T A T T O O

## COSMETIC TATTOO FACTSHEET

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### ANAESTHETIC

To increase comfort during your cosmetic tattooing experience the use of a topical anaesthetic is recommended. For Brows, please arrive to your appointment prenumbed. This may be applied 30-45 minutes before the cosmetic tattooing procedure. For Eyeliner, you will be numbed at your appointment.

#### Pre-purchase your anaesthetic

You can purchase your numbing from any Pharmacy over the counter. We recommend at least 5% total in numbing agents. However, numbing for the Brow area is completely optional.

### TREATMENT PREPARATION

- Avoid consuming alcohol or Caffeine within 24 hours prior to treatment.
- Consider any social events, swimming or work out commitments for the week post tattoo while you are healing.
- No filler or botox injections 2 weeks either side of tattoo.
- Some medications may cause adverse effects. Please get in touch for further advice regarding any medication you are taking. Doctor approval may be required in some medical circumstances.
- If you take supplements known to thin the blood, such as fish oil or Aspirin, cease taking 1 week prior to treatment.
- If you are currently pregnant, breastfeeding, we are unable to tattoo at this time.
- If the area you would like treated has existing cosmetic tattoos, please get in touch or send pics prior to booking an appointment.
- Please read the relevant "Prep & Aftercare" information located below, for the service you are booked in for.
- Protect the area from sun exposure 2 weeks prior to treatment.

### IMMEDIATELY AFTER TREATMENT

- Do not touch the tattooed area with your fingers.
- **Gym/Exercise:** The following activities should be avoided for 72 hours after treatment: cardio workout, excessive sweating, sauna, hot spa, spray tanning.
- For 2 weeks following treatment: avoid, chlorinated and salt water pools, high UV exposure, sun beds, and infra-red light exposure. Colour will appear darker than desired for 5-7 days.
- No water, soap, or cleansers on the treated area for 5-10 days.
- Avoid makeup on the treated area until healed.
- Do not pick the flaking skin or formed scabs.
- It is recommended that you return for a perfection visit 4-6 weeks after your treatment, for any necessary adjustments.
- Excessive exposure to sun over time will cause fading, wear SPF where possible.
- Certain chemicals in cleansers and moisturisers will accelerate fading and may discolour the tattoo: AHAs, BHAs, benzoyl peroxide, bleaching agents, and chemical peels must be kept away from the area.
- Expected healing time: 5-10 days.

### 1-2 WEEKS POST TREATMENT

#### Where did the colour go?

During the healing process the tattooed area will become darker and minor scabbing will develop as a new collagen rich skin forms underneath. This new skin is slightly opaque in colour and creates a temporary veil which will make the pigment appear faded and dull. Within a week or two the new skin will settle and the colour will return. Protect and nourish this new skin as directed.

### BROWS

#### Brow Preparation

- You may like to get your brows waxed/tidied 3 or more days prior to treatment.
- Do not tint prior to treatment, we aim to colour match according to your natural tones unless we are mating to a tint.
- Gently exfoliate 1-week prior to treatment and ensure the skin is well nourished.
- Repeat the above step every second night until the day of treatment.
- Avoid using Brow growth serums at least 30 days prior to treatment.
- You will be advised to avoid cleansers near the area during healing, I recommend washing your hair prior to your appointment.
- Do come in with an open mind about technique options. After a thorough consultation, your Artist will recommend the most suitable option to achieve your Brow goals.

#### Brow Aftercare

- Keep the area completely dry from water, sweat or steam for 10 days.
- Gently press brows with a clean tissue to absorb excess fluid, prior to applying Aftercare product.
- Using another clean cotton tip, gently apply a very thin layer of Aftercare product to the area 3 times per day for 7 days.
- Do this before showering rather than after, so that the product can assist with protecting your healing Brows from water.
- Do not saturate the area with water during healing, until the final scabs naturally fall off (1-2 weeks).
- Do not pick or scratch of scabbing. Doing this will result in uneven healing and poor colour retention.
- Avoid cleansers on or near the area during healing, once healed be cautious of exposing the area to intensive fading treatments such as; chemical peels, microneedling, retinols, and cosmeceutical grade products.
- Once healed, minor patchiness in colour may be present. This is normal and will be adjusted accordingly at the touch-up. I recommend wearing brow products to blend these areas until then.
- Return for a touch-up at 4-6 weeks.
- Once fully healed, ensure Sunscreen is worn through the brows to protect from rapid fading due to the sun.

### EYELINER

#### Eyeliner Preparation

- Do not get the lashes tinted within 5 days of treatment.
- Do get the lashes tinted 1 week prior if required. You will be advised not to wear mascara during the healing process.
- No lash extensions at the time of your appointment: Lash extensions may be applied 4 weeks after healed touch up visit.
- Do not use lash-enhancing serums for at least 30 days before treatment.
- If you wear contact lenses ensure they are removed and bring your glasses.
- Avoid eye makeup at the time of your appointment.
- Please call for further advice if you have experienced recent infection or irritation of the eyes.

#### Eyeliner Aftercare

- Your eyelids will feel heavy and slightly puffy afterwards.
- Swelling may be experienced the morning after. This normally subsides within 3-5 days.
- Apply ice to the area immediately after treatment if required, for 5-10 minutes every few hours. Do not apply directly to exposed skin.
- Keep area dry for 7-10 days or until healed.
- Using a clean cotton tip, apply a very thin layer of aftercare product to the area and allow to dry.
- Do not apply mascara to lashes for 7 days.
- Do not apply lash extensions for up to 4 weeks after final treatment.
- If you experience any unexpected discomfort or irritation of the eyes notify your cosmetic artist and consult a pharmacist immediately for further advice.