



# PRECARE

## Permanent Makeup Appointment

**Careful aftercare is essential to ensure that your skin heals properly and that you achieve the best possible result. Please note that permanent make-up usually consists of multiple sessions (typically two).**

### CONSULTATION

If you like, you can bring eyebrow, lip, or eyeliner pencils as well as photo inspirations – this helps me better understand your style and wishes. If you don't have a clear idea yet, that's absolutely fine. We will look together at what suits your face, your skin type, and your desired result, and step by step we'll find the optimal solution for you.

### BEFORE PIGMENTATION / PERMANENT MAKEUP TREATMENT

Please avoid the following on the day of your appointment and the evening before:

- Coffee, caffeinated drinks, alcohol, and nicotine
- Painkillers: Many pain medications have a blood-thinning effect and are therefore not suitable before the treatment.
- Blood thinners such as Aspirin, Marcumar, or similar medications: They increase the risk of micro-bleeding.
- If you are taking prescription blood thinners, do not stop them – please consult your doctor beforehand!

### LIP PIGMENTATION

- Make sure your lips are well cared for beforehand – avoid dry or cracked areas, as pigment may not be absorbed evenly.
  - Recommended lip care products: [Elizabeth Arden](#), [La Neige](#).
  - Gently exfoliate your lips 1–2 days before the treatment to remove dead skin.
- Lip exfoliation instructions: [Rippling](#)
- Lip exfoliation [product recommendation](#)
- Avoid hyaluronic acid or filler treatments for 4 weeks prior.
  - A permanent make-up treatment on the lips can activate existing herpes viruses and trigger an outbreak. If you have never had herpes before, this is rather unlikely.

### Prevention

- [Aciclovir Tablets](#): prescription only (!). Please follow your doctor's instructions.
- [Aciclovir Cream](#): apply a thin layer to your lips for 3 days before your appointment.
- [Lyrandia /L-Lysin](#) Tablets : follow the instructions on the package.

### EYEBROW PIGMENTATION

- Do not pluck your eyebrows before the appointment. This allows me to better assess your natural hair growth and shape. However, browhairs which are clearly outside the desired brow shape may be removed.
- Take good care of your skin and keep it well moisturised. Well-nourished, hydrated skin absorbs pigment more evenly.
- Avoid using irritating products for 3–5 days before the treatment. This includes retinol, fruit acids (AHA/BHA), and intensive exfoliants.

Please ensure a 2-week interval between your appointment and the following treatments:

- Botox
- Hyaluronic fillers
- Brow tinting
- Brow lamination

- The skin in the eyebrow area must be healthy and free of active breakouts.
- Please only come to your appointment if there are no pimples, inflammation, swelling, or irritation (e.g., from acne or sunburn).
- Moles will not be pigmented.

### EYELINER PIGMENTATION

- Do not use lash serums for four weeks before the treatment, as they can alter lash growth and affect the final result.
- Eyelash extensions must be fully removed at least one week before the appointment to ensure a clean and even treatment.
- If you have styes, inflammation, or any other eye infections, the treatment cannot be performed.
- Please wait until all symptoms have completely cleared.
- Contact lenses must be removed before the treatment begins to avoid irritation or discomfort.
- Please bring glasses, a contact lens case, and the appropriate cleaning solution with you.