



#### Post Treatment Instructions for Brows:

1. We recommend that ice packs be applied for 10-15 minutes each hour for the first three hours following the procedure. The ice is used to minimize swelling and provide comfort. Do not take aspirin, as this promotes bleeding at the micro pigmentation sites. Tylenol™ is recommended for temporary pain relief.
2. Apply RecoverAll to the treatment area 2-3 times per day for the following week, or whenever the area feels dry. Keeping the area moisturized and soothed is important for color retention
3. Stay out of the sun! If you must be out and about, wear a hat and lots of sunscreen.
4. Keep water off of your brows for at least 24 hours.
5. Do not use any face creams, exfoliants, or harsh cleansers on your brows during the healing process.
6. Normal activity can be resumed immediately. We recommend that heavy exercise such as aerobic dancing, weight lifting, etc. be delayed for approximately two to three days following the procedure.
7. Your procedure will begin to oxidize immediately and during the next 3-4 days. This causes pigment to become darker. Do not be alarmed, this dark color will either flake off or fade back to the color that was first implanted (during the 1<sup>st</sup> five minutes of the procedure).
8. Do not pick any scabs or dry areas that may form during the healing process, this may cause you to lose color or damage your skin. Instead, apply some of the RecoverAll your technician gave you after the procedure.
9. Other fading or loss of pigment may occur. Some flaking off of the pigment is normal on some skin types; however there should be pigment under the skin where the original pigment has flaked off. If there is no pigment present, a touch up will be required to achieve lasting color.
10. Judgment of your final results should be deferred until one month following

the procedure. Over the next two to three weeks, the pigment intensity will lighten by up to 50%. Your SofTap technician will schedule a follow-up appointment to make sure any faded areas are touched up and everything is healing properly

#### Post Treatment Instructions for Eyeliner:

1. We recommend that eye drops be used every one to two hours after the procedure for the first day. If needed, a steroid eye drop may be prescribed as well. At bedtime, RecoverAll (given to you after the procedure) should be applied to new cotton swabs and gently dabbed along the eyelashes of the upper and lower lids. The ointment is used to prevent infection and minimize crusting. Do not get any ointment into your eyes—if this happens rinse eyes with water.
2. You should expect a certain amount of mattering around the eyelashes in the morning, swelling of the eyelids, and/or bruising around the eyelids margins. Some pigment and blood-tinged tears may be expected to flake off from the lid margin during the first post procedural day and may be dabbed with a clean tissue.
3. Under no circumstance should you pick, scratch, or rub the eyelid margins or make any attempt to remove the crusty material along the eyelashes. Removal of the crusts may result in removal of the actual pigment.
4. It is permissible to clean around the eyelids following the procedure with Q-tips or clean cotton balls soaked in warm water, but under no circumstance should water come in contact with the eyelashes. Baths, showers, and swimming are permitted as long as the face does not become wet. After two weeks or after the pigment scabs over (whichever comes first), you may resume all normal methods of swimming and bathing.
5. If marked bruising is present, concealer or foundation may be used. Eye shadow may be used on the second day; however under no circumstance should the eye shadow powder come in contact with the eyelashes. Mascara and eyeliner are not permitted for the first two weeks or until the pigment scabs over. After this time, all regular makeup can be resumed without any further complications.
6. Do not wear contact lenses during the procedure. Contact lenses may be

resumed usually in two to three days; however, an eye doctor should give final clearance.

7. For the first 24 to 48 hours, it is not unusual to experience some light sensitivity, and the use of dark sunglasses is permitted and recommended. We recommend wearing sunglasses for the first week following micro pigmentation; sunbathing of the face is permitted only with the use of protective sunglasses.

#### Post Treatment Instructions for Lips:

1. As with all other procedures, stay out of the sun!
2. Keep your lips moisturized with the RecoverAll ointment provided by your SofTap professional. This will minimize pain and help you retain color.
3. Be gentle with your lips for the next few days, they will be prone to dryness and swelling (due to some natural formation of collagen after the procedure), and may crack easily. We suggest that extra care be taken while eating, drinking, kissing, etcetera during the healing process to prevent any damage to your lips.
4. If you have ever broken out with a cold sore at anytime of your life, you carry a herpes virus, which can sometimes manifest itself in the form of a fever blister. Fever blisters may occur on the lips following lip procedures in individuals prone to this problem. In order to prevent this, you should obtain a prescription and take as prescribed by your doctor. L-Lysine, an over the counter amino acid, has also been taken in order to help avoid this outbreak, but always check with your physician.

#### Post Treatment Instructions for Camouflage:

1. Follow the general instructions recommended for eyebrow procedures
2. It is important to understand that once an exact match is made for scar camouflage, a suntan or sunburn in that area will once again cause a difference to appear between the camouflaged area and the skin surrounding it. The camouflaged area will not tan along with the rest of the skin. It will remain the color that it was camouflaged. The tanned area around it will be darker. In order to avoid this, the camouflaged area as well as the skin

surrounding it should be covered with sunscreen or sun block every day because even the daily exposure to the sun may cause slight changes.