

What you need to know before your Permanent Make Up treatment

What is Permanent Make Up?

Permanent Make Up is a form of cosmetic tattooing that can last up to several years. Tiny dots/strokes of pure, hypo-allergenic pigment are inserted either at high speed or by microblade into the outer skin layer to give an effect that mimics the appearance of natural hair stroke brows, defined 'liquid' eyeliner and balanced, volumised lips infused with colour as well as other medical camouflage and correction effects.

Your Treatment:

For new procedures we allow approximately two hours to ensure that you receive a detailed and personalised consultation before we begin the treatment. Working with you to achieve the look that you desire, we give you our experienced recommendations for shape and colour. We always manage our clients' expectations and will not proceed with treatment if we don't feel that Permanent Make Up is the right solution. We will endeavour to keep you as comfortable as possible throughout your treatment and you should only feel a slight vibrating, scratching sensation. You will be required under the terms of our insurance to make a medical declaration of general health and to give us permission to perform the treatment on your behalf.

The Tracie Giles Team:

The Tracie Giles team is made up of specialist, hand-picked and highly experienced techs that are trained to Tracie's proven skill level, earning us our reputation as the pinnacle of excellence for Permanent Make Up in the UK. The team use the TG Method and Tracie has a strict quality control process in place so that you enjoy the most stunning results.

Permanent Cosmetic Procedures usually require two treatments, your initial procedure and a retouch within 2-12 weeks:

To achieve optimum results your treatment is a gradual process. Every person's skin is different and this allows us to assess how well your individual skin retains the colour and make any adjustments as necessary so that your make up will be as long-lasting and beautiful as possible. How long your Permanent Make Up lasts depends on a number of factors including how fair or dark you are, your general lifestyle, skin type and sun exposure.

- Your FREE retouch must be taken within 12-weeks, otherwise this retouch will be chargeable.
- It is advisable that you book your FREE retouch at the time of your initial appointment to make sure your treatment plan is firmly in place.
- Be prepared for the colour intensity to be significantly darker immediately after your treatment. This will gradually become lighter as the skin heals.
- Be aware that all skins retain the pigment differently and some are more resistant than others. Occasionally a third retouch may be required.

Advice for all Permanent Make Up Procedures:

- Please wear your normal make up on the day of your treatment so that your technician can see how you present yourself on a daily basis. They can then design a look for you that you will be happy with every day.
- Avoid Aspirin or Ibuprofen for at least two days before your treatment as this can make the skin more prone to bruising (please disregard this if you are on Aspirin under your GP's advice). Do not discontinue any medication before first consulting your GP.
- Please limit your alcohol intake the night before treatment.
- A patch test will be performed unless waived upon request.
- There will sometimes be slight swelling and redness following treatment.



Brows:

- If you have Botox, you will need to wait at least two weeks after your Botox procedure before you have Permanent Make Up.

Eyeliner:

- Lash extensions will need to be removed before you arrive at the clinic for your treatment.
- Any eyelash perming or tinting should be carried out no sooner than 2 weeks following your treatment or at least a week before.
- **DO NOT** wear contact lenses during or for around 24 hours after the procedure, please remember to bring your glasses with you if necessary.
- You may have some swelling around the eye area so please make sure that you arrange appropriate transportation to and from the clinic. Most clients are able to travel as normal.

Gloss & Go™ Lips:

- Treatments including lip waxing, lip bleaching & lip fillers should not be carried out for at least two weeks following your procedure.
- Permanent cosmetic treatments **DO NOT** cause cold sores. However, if you carry the Herpes Simplex virus it lays dormant in the body and can be inflamed by sunlight, stress and lip Permanent Make Up. If you have a history of cold sores please contact your GP to obtain the appropriate medication to prevent outbreaks. Don't forget to start your course of anti-viral medication on the morning of your treatment, which is usually 200mg of Acyclovir, twice a day for a duration of 5 days.
- Lip treatments are not always suitable for clients with darker skin tones because the pigment can mix with your skin's natural undertones and change colour. If you are unsure whether you are suitable, please send a photo or come in for a free consultation prior to your treatment.

WAIT!

- Are you pregnant/breastfeeding?
- Do you have dark skin and want the Gloss & Go™ lip treatment?
- Do you have Permanent Make Up that has been done elsewhere?
- Do you suffer from cold sores?
- Are you taking blood thinning medication?
- Have you had Botox?
- Are you currently on Roaccutane or have you taken it within the last six months?
- Do you suffer from Keloid scarring?

If you have answered 'Yes' to any of the above questions, you will need to speak to a member of our team prior to booking your appointment as you could be contraindicated. **Please also note** that all deposits are non-refundable but are transferable providing at least 48 hours' notice is given.

Please read our Terms and Conditions prior to booking which can be found here: www.traciegiles.co.uk/terms

This is latest 'Best Practice' Advice advised by Tracie Giles for enhanced results as of December 2019.

What you need to know before your Aesthetics treatment

Please consult with your Aesthetics Practitioner prior to treatment for any specific pre-procedural advice to follow in addition to the general advice below:

- Discontinue supplementation of vitamin D, vitamin E and fish oils which can all cause bruising.
- Avoid drinking alcohol and taking aspirin or ibuprofen for up to 3 days before (unless prescribed by your doctor) as these can all cause bruising.
- You can purchase some arnica tablets before your treatment to help to reduce swelling.