



# PMU, Microblading & SMP Pre-appointment instructions

In order to proceed with your appointment, all instructions and policies must be followed accurately.

## Appointment Etiquette & Policies:

- Guests and children are not permitted to come to your appointment. Appointments are 2-3 hours long and require undivided attention in order to give quality service while staying on time for following clients. The environment is sterile as well as unsafe for children.
- Please arrive on time for your appointment, arriving 15 minutes late or later to your appointment will result in your appointment having to be rescheduled.
- If you are having your brows or lips done, you make come wearing makeup. If you are having your eyeliner done, do not apply any eye makeup the day of your appointment.
- Phones must be put on silent or vibrate and used for emergencies only.
- Gum/mints are not permitted during your appointment.
- Your appointment must be rescheduled if you are sick or not feeling well.

## PMU, Microblading & SMP clients - please follow these instructions carefully before your appointment.

- Do not use Retin-A or other exfoliating creams in the area 1-3 days before your treatment (the longer the better).
- Avoid tanning or sun exposure including self-tanner for at least 7 days prior to treatment.
- Avoid lash enhancement serums for 30 days before your appointment if you are having Eyeliner PMU.
- Remove all extensions in the area to be worked on prior to your appointment. e.g.: Brow PMU - Remove brow extensions, SMP - Remove hair extensions, Eyeliner PMU - Remove eyelash extensions.
- You must have not had any laser or IPL treatments in the area to be treated within the last 3 months.
- Clients who have had a chemical peel, botox, filler, or other skin procedure or specialty facial must wait at least 2-3 weeks before a PMU procedure.
- Clients must not have used Accutane for 12 months prior to treatment.
- Avoid caffeine for 24 hours before your appointment.
- Avoid alcohol and drugs for 72 hours before your appointment.
- Avoid Advil, Naproxen, Ibuprofen, or other non-prescription anti-inflammatory medications for 3 days prior to your appointment.
- Eat a healthy and hearty meal before your appointment.

## Additional instructions for SMP clients only

- 5-7 days before: Do not use a hair piece. Hair pieces limit oxygen flow to the scalp. You may bald shave your head.
- 1-2 days before: Only buzzers are allowed for trimming hair. Do not bald shave you head with a blade in this time. Wash your hair/scalp with a non-abrasive gentle shampoo. Once done, moisturize! Hydrated skin will allow for better pigment absorption and moisturizer will prevent over-production of oils which would push pigment out of the skin.