

HOW TO PREPARE FOR YOUR PMU PROCEDURE

1. **24 HOURS BEFORE!** Discontinue use of alcohol and any blood thinning medication including aspirin, ibuprofen, and fish oils.
2. Start taking arnica montana supplement **2 DAYS BEFORE** your procedure. This is just a suggested way to reduce the chance of bruising and swelling.
3. Take an antihistamine like Zyrtec, Claritin, or Benadryl the **MORNING OF** your appointment. This will help prevent swelling and possible itching.
4. If you have any history of cold sores be sure to start a preventative medication before **LIP BLUSH** procedure.
5. Prepare your skin by gently exfoliating the area with a gentle cleanser and a warm, damp washcloth morning and night for the **5 DAYS** leading up to your appointment.
6. Nourish the area with a hydrating serum for **5 DAYS** leading up to your appointment. Use a water gel-based serum like hyaluronic acid if you are oily or an oil-based serum like Vitamin E or coconut oil if you are dry.
7. Please drink 64 ounces of water a day for **5 DAYS** leading up to your appointment. Hydrated, nourished skin will have the best results for permanent makeup procedures.

THANK YOU!