CONTOURS BEAUTY INK

Permanent Makeup Aftercare

Client copy - Give this page to the client before the procedure.

Client _____ Site _____ Date _____

Practitioner _____ Studio telephone: 714-312-9483

Care of the Procedure Site

Wash your hands before touching the area. Gently clean with clean lukewarm water and a mild fragrance-free cleanser suitable for the treated site, then pat dry with a clean disposable towel. Do not scrub, pick, scratch, or remove flakes or scabs. Use only the designated aftercare product as directed below; keep products out of the eyes and inside of the mouth. Do not use alcohol, peroxide, exfoliating acids, retinoids, or unapproved ointments on the healing site.

Cleansing frequency _____ Aftercare product _____

Amount and frequency _____ Duration _____

Activity Restrictions and Duration

For at least 14 days AND until the surface is fully healed, with no open areas, drainage, or crusting: avoid soaking the site in baths, pools, hot tubs, lakes, or the ocean. Short showers are permitted; avoid direct high-pressure spray and prolonged wetting. Avoid gardening or other soil exposure that could contaminate the site. Prevent animals from touching, licking, or sleeping against the treated area; wash hands after animal contact.

During the same healing period, avoid rubbing, makeup on the site, facials, exfoliation, and direct sun or tanning. Avoid heavy sweating, saunas, and friction-producing exercise for at least 7 days and longer if the area remains irritated or unhealed. Resume activities only when the site can stay clean and protected. Use shade during healing; apply sunscreen only after the skin has healed.

For eyeliner: avoid eye makeup and lash treatments until healed. Do not wear contact lenses during treatment; resume only when the eyes are comfortable and your practitioner or eye clinician advises. For lips: avoid kissing and oral contact while the surface is healing; avoid foods that irritate the area. Use prescribed antiviral medication only as directed by your clinician.

When to Seek Medical Care

Seek medical care promptly for spreading or worsening redness, swelling, heat, tenderness or pain; red streaks extending from the site toward the heart; fever or chills; or pus or foul-smelling drainage. Persistent rash, blisters, or raised lumps also need medical assessment. Do not wait for a studio reply before seeking care.

Seek emergency care for trouble breathing, throat or tongue swelling, fainting, severe rapidly increasing swelling, uncontrolled bleeding, or eye pain or vision changes. Call 911 for a life-threatening reaction.

Additional site-specific instructions _____

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Follow-up appointment _____ Aftercare reviewed with client _____

Care durations above are proposed studio instructions for county review, not statutory time limits. Form basis: California HSC §119303; Riverside County Consent Form, Medical Questionnaire, and Aftercare Instructions; FDA Tattoos & Permanent Makeup Fact Sheet; AAD Tattoos: 7 unexpected skin reactions. Prepared for county review; county approval has not been represented.