

# KRISTELA *ink.*

STUDIO & ACADEMY

## PERMANENT MAKEUP Pre-procedure instructions

### FOR THE BEST RESULT

*please follow below guidelines*

- Do not work out 24 hours before procedure.
- No alcohol 24 hours before procedure.
- Do not drink coffee or anything with caffeine the day of procedure.
- Avoid sun and tanning one week prior.
- No brow plucking waxing tinting one week before.
- Do not take Aspirin, Ibuprofen, Vitamin E, Fish oil, Niacin 24 hours before.
- You must be off Retin-A or Retinols for 60 days prior to your appointment and avoid using on or around the area for 30 days, Please know that the continued use will fade pigment prematurely.
- You have to be off Accutane for 1 year.



### HEALTH CONCERNS?

- if you have any pre-existing medical conditions, please consult your physician before making an appointment.



### PLEASE NOTE!

We do not work on  
*Pregnant &*  
*Breast feeding*  
W o m e n

### BOTOX & FILLER

#### *Botox*

It should be performed either 2 weeks prior to your appointment or 2 weeks after your procedure.

#### *Filler*

Should be done 6 weeks prior to your appointment or 6 weeks after the procedure.



- You will be more sensitive during your menstrual cycle as well