

## What Shall I Do Before Receiving My Permanent Cosmetic Enhancement?

Prior to your permanent cosmetic enhancement think about the look that you wish to achieve. As an expert in the field of colour analysis and makeovers, I ensure that the correct colours and styles are chosen for you, however you are part of the decision-making process just as much as I am so together we will create the ideal look unique to you.

Permanent cosmetic enhancements can require multiple applications of colour to reach the desired outcome. To achieve the best results you will be required to return for a follow up session between four and twelve weeks after the initial application which is included in your treatment price. Depending on how your skin heals and holds onto pigment, you may require an additional top up which is at a reduced rate.

Be prepared for the colour intensity to be significantly sharper and darker immediately after the procedure. This will subside and become softer as the skin heals. This process can take up to fourteen days.

## General Pre Advice

- Since delicate skin or sensitive areas may be swollen or red, you are advised not to make social plans on the day of your enhancement. Taking arnica tables can help if you are prone to bruising or have thin skin. Take at least 3 days before and after treatment for maximum effect.
- Please wear your normal make-up to your enhancement appointment.
- Do not take aspirin or anti-inflammatory medication such as Ibuprofen 2 days prior to and after your enhancement if avoidable.
- Do not discontinue any medication before consulting your doctor.
- No alcohol for a minimum 2 days prior to and after your enhancement. Migration can occur from thinning of blood.
- A sensitivity test will be performed unless waived upon request.
- Do not use Retin A skincare products close to the area to be treated 1 month prior your procedure.
- Do not use AHA skincare products close to the area to be treated 2 weeks prior to your procedure.
- Avoid professional chemical peels close to the procedure site 1 month prior to your procedure.
- Please be aware that the National Blood Service does not accept donations of blood for 4 months after a permanent cosmetic enhancement.
- I cannot carryout treatments if pregnant or nursing.
- Do not tint/bleach your brows, use tanning lotions/sunbeds or sunbathe for a minimum of 2 weeks before treatment. If you are very tanned this will be difficult to determine the right colour pigment!
- Plan for after your treatment- No excess sweating for 10 days, salt water or chlorinated pools for 2 weeks and retinol products do not use in between the first treatment and your top up session.

Please read all the forms in full: General Consent, Medical Form and Sensitivity Patch Test.

Don't forget to let Rosie know of any medical conditions you mark on the form at least 48 hours prior to your scheduled appointment time. Possible contra indications such as a medical condition, long term medication or prescribed medication (highlighted on the medical form) will require the Doctors consent form signed and returned on the day of your appointment. Failure to provide the Doctors consent will prevent Rosie from being able to carry out the treatment on the day. This will result in postponing the treatment and covering losses charged at 75% of the full procedure price.

**Please inform me if you have any holidays planned within 2 weeks after your procedure.**

For full Aftercare advice please visit my website at [www.rosiebellington.com](http://www.rosiebellington.com) on the Treatment Process page.



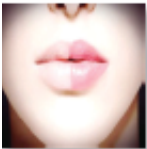
## Eyebrow Enhancement

- Waxing and threading treatments should be performed no less than 1 week prior to your procedure.
- IPL laser hair removal should be performed no less than 2 weeks prior to your procedure.
- Electrolysis treatments should be performed no less than 2 weeks prior to your procedure.
- Eyebrow tinting should be performed no less than 1 month prior to your procedure.
- Eyebrow hair stimulating products should not be used for 4 weeks prior to your procedure.
- Botox in the brow region should be performed no less than 2 weeks pre procedure.
- Fringe's will need to be kept off the face 2 weeks post procedure during the healing process.



## Eyeliner Enhancement

- Eyelash tinting or eyelash perming treatments should be carried out no less than 2 weeks prior to your procedure.
- Eyelash stimulating products should not be used for 4 weeks prior to your procedure.
- Artificial lashes should be removed 1 week prior to your procedure and not reapplied for two weeks post procedure.
- Do not wear contact lenses during or immediately following your procedure. Remember to bring your glasses. You may resume wearing your contact lenses 24 hours after the procedure.
- You may have mild swelling after your enhancement procedure and as a safety precaution you may wish to have someone drive you home.



## Lip Enhancement

- If you have a history of cold sores (herpes simplex) and are scheduling a lip enhancement we advise you to use anti herpes medication for example Zovirax cream which can be obtained from a chemist. Use the cream 1 week prior and 1 week after your enhancement 5 times a day. This can help minimise an outbreak. **Oral medication for cold sores prescribed by your GP to take several days before your scheduled appointment is a much more effective way of preventing an outbreak. Permanent cosmetic enhancements do not cause cold sores, however if you carry the virus, it lays dormant in the nervous system and can be aroused by the infusion process.**
- IPL laser hair removal around the mouth should be carried out no less than 2 weeks prior to your procedure.
- Waxing and bleaching treatments should be performed no less than 2 weeks prior to your procedure.
- Electrolysis treatments should be performed no less than 2 weeks prior to your procedure.
- Dermal fillers in the lip should be performed no less than 2 weeks prior to your procedure.

If you have any questions or concerns, please do not hesitate to contact me on Tel: 07732099121 or

[info@rosiebellington.com](mailto:info@rosiebellington.com)