

# TREATMENT INFORMATION PACK

DAFFORNE  
PMU

[@DAFFORNE PERMANENT MAKEUP](#)

[WWW.DAFFORNE.CO.UK/PMU](http://WWW.DAFFORNE.CO.UK/PMU)

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# COSMETIC TATTOOING

..also known as permanent makeup (PMU), is a process that involves implanting pigment into the dermal layer of the skin. Unlike the epidermis, which sheds and renews itself regularly, the dermis is relatively stable, allowing the pigment to remain in place for an extended period. Initially, the color may appear darker due to the pigment being freshly implanted, but it will gradually lighten during the healing process. The pigment is delivered into the dermis using a machine method similar to tattooing, where small needles penetrate the skin and deposit tiny pixels of color into the puncture holes. Various techniques can be employed to achieve different effects, such as shading and lines, to create the desired result for eyebrows, lips, and eyeliner. It's important to note that cosmetic tattooing differs from microblading, which is a manual method involving cutting lines into the skin. Microblading may not be suitable for all skin types and can potentially cause damage to the skin. The pigments used in permanent makeup can contain a variety of ingredients, including iron oxides, carbon, titanium dioxide, and carrier agents such as glycerin, water (aqua), and alcohol. These pigments are carefully selected to ensure longevity and safety for the client.



PRE-TREATMENT  
SKIN  
PREPARATION  
ADVICE



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# PRE-ADVICE

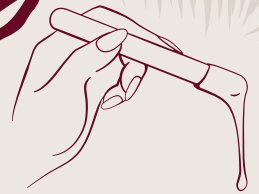
# Eyebrows



No Alcohol or Caffeine  
48h prior



No Botox & Fillers  
4 weeks prior



No Brow Waxing  
1 week prior



Stay Hydrated



No Skin Conditions  
in the area



No Retinols, AHA's &  
Chemical Peels 8 week prior

## ON THE DAY OF PROCEDURE:

Make sure you are not unwell and there is no psoriasis or other skin conditions in the brow.

Don't drink coffee, tea, energy drinks, soda or other stimulants

No heavy make up

## THE DAY BEFORE:

No hot tub / sauna / steam room / workout

## 2 DAYS PRIOR:

Strictly NO alcohol

No anti-inflammatory blood thinners: ibuprofen, aspirin, aleve, NSAIDS

## ON DAY 3&7 PRIOR:

Face scrub thoroughly cleaning whole face - concentrate on brows and forehead

## 2 WEEKS PRIOR:

Drink 2L of Water daily - hydrated skin heals faster and ensures better results

No Brow Tinting or Lamination

No Tanning

## MONTH BEFORE:

No facials, chemical peels, laser or microdermabrasion, BOTOX and fillers

No vit E, Fish oils, vit supplements (unless medically necessary) or "hair, nail, skin" supplements

No creams with Retinol, AHA's around treated area and brow Growth Serums - risk of scarring



# PRE-ADVICE

## Lips



No Alcohol or Caffeine  
48h prior



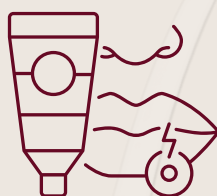
No Botox & Fillers  
4 weeks prior



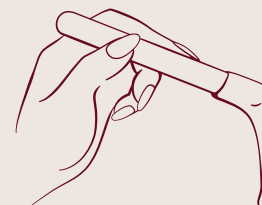
Keep Lips well moisturised &  
exfoliate 1, 3 & 7 days prior



Stay Hydrated



Cold Sore Medications  
if needed 1 week prior



No Lip Waxing  
1 week prior

### ON THE DAY OF PROCEDURE:

Make sure you are not unwell and there is No Cold Sores

Don't drink coffee, tea, energy drinks or other stimulants

No smoking – absolutely no nicotine residues on your lips prior or straight after

To help reduce swelling, 1h prior to procedure take 1 tablet of antihistamine

(Cetirizine and Loratadine are recommended, avoid Chlorphenamine)

### THE DAY BEFORE:

No hot tub / sauna / steam room / workout

### 2 DAYS PRIOR:

Strictly NO alcohol

No anti-inflammatory blood thinners: ibuprofen, aspirin, aleve, NSAIDS

### 1 WEEK PRIOR:

Start preventive, oral anti-viral meds (like Acyclovir) – if you've ever suffered with cold sores or herpes in the past

### 2 WEEKS PRIOR:

Drink 2L of Water daily – hydrated skin heals faster and ensures better retention

Moisturise your lips generously (Nipple balm is recommended)

No tanning

### MONTH BEFORE:

No facials, chemical peels, laser or microdermabrasion, BOTOX and fillers

No vit E, Fish oils, vit supplements (unless medically necessary) or "hair, nail, skin" supplements

No creams with Retinol or AHA's around treated area – risk of scarring

# Eyeliner

## PRE-ADVICE



No Alcohol or Caffeine  
48h prior



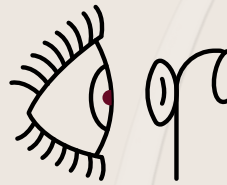
No Eye Infections  
or Styes on the day



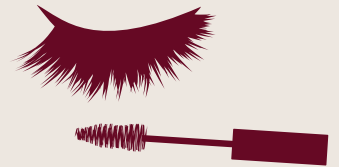
No Eyelash Extensions  
-remove 1 week prior



Stay Hydrated



No Contact Lenses  
on the day



No Lash Serums  
4 weeks prior & after

### ON THE DAY OF PROCEDURE:

Make sure you are not unwell and there is no present infections

Don't drink coffee, tea, energy drinks, soda or other stimulants

No make up on the eyes - Come in make up free

To help reduce swelling, 1h prior to procedure take 1 tablet of antihistamine  
(Cetirizine and Loratadine are recommended, avoid Chlorphenamine)).

### THE DAY BEFORE:

No hot tub / sauna / steam room / workout

### 2 DAYS PRIOR:

Strictly NO alcohol

No anti-inflammatory blood thinners: ibuprofen, aspirin, aleve, NSAIDS

### 2 WEEKS PRIOR:

Drink 2L of Water daily - hydrated skin heals faster and ensures better results

No Lash Tinting

### MONTH POST:

No Tanning, SPF 50+ afterwards to prevent premature fading & discolouration

- hide your lips under hats until fully healed

No Lip Bleaching, Waxing

No facials, chemical peels, laser or microdermabrasion, BOTOX and fillers

No vit E, Fish oils, vit supplements (unless medically necessary) or "hair, nail, skin" supplements

No creams with Retinol, AHA's around treated area - risk of scarring

# POSSIBLE CONTRAINDICATIONS

ALWAYS CONSULT FOLLOWING CASES BEFORE BOOKING AN APPOINTMENT:

Permanent makeup (PMU) procedures, like any cosmetic procedure, have potential contraindications that should be considered before undergoing the treatment. Some common contraindications for permanent makeup include:

**Skin Conditions:** Individuals with certain skin conditions may not be suitable candidates for PMU. Conditions such as eczema, psoriasis, dermatitis, or any active skin infections can increase the risk of complications, therefore I advise clients to avoid PMU treatment during outbreaks.

**Pregnancy and Nursing:** Pregnant or breastfeeding individuals are generally advised to avoid permanent makeup procedures due to the potential risks to the developing fetus or infant.

**History of Keloid Formation:** People who have a history of keloid scarring may be at risk of developing keloids after permanent makeup procedures. Keloids are raised scars that can form at the site of injury or trauma.

**Blood Disorders:** Individuals with bleeding disorders or those who are taking blood-thinning medications may experience increased bleeding during and after the procedure, which can affect the outcome of the permanent makeup, you'll potentially need more than 1 perfecting session.

**Allergies:** Allergies to the pigments or numbing agents used in permanent makeup can lead to adverse reactions, including inflammation, itching, or swelling.

**Recent Cosmetic Procedures:** Patients who have recently undergone other cosmetic procedures, such as chemical peels, laser treatments, or Botox injections around PMU treatment area, will need to wait until the skin has fully healed before considering permanent makeup.

**History of Cold Sores:** Individuals with a history of cold sores or herpes simplex virus (HSV) may be at risk of developing outbreaks after the procedure, particularly if it involves the lip area. Consult your doctor / pharmacist to start anti-viral medication course prior to PMU lip blush treatment.

**Immunosuppression:** People with compromised immune systems, either due to medical conditions like HIV/AIDS or immunosuppressive medications, may have a higher risk of infection and delayed healing after permanent makeup procedures.

**Mental Health Concerns:** Individuals with unrealistic expectations or those who may be prone to dissatisfaction with cosmetic results should carefully consider whether permanent makeup is the right choice for them.

**Undergoing Chemotherapy or Radiotherapy:** Individuals undergoing chemotherapy or radiotherapy treatments may have compromised immune systems and sensitive skin, making them more susceptible to infection and delayed healing after permanent makeup procedures. It's generally recommended to wait until 6 months after the completion of cancer treatments.

It's essential for individuals considering permanent makeup to consult with a practitioner who can assess their medical history and discuss any potential risks or contraindications before proceeding with the procedure.

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