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Tattoo Aftercare

- Gently Wash Tattoo 3-4 times daily.
- Use antibacterial soap.
- Day 3 you can use a light layer of unscented lotion. (To prevent itching)

Cautions

- Avoid direct exposure to sun.
- Do not soak or submerge in water.
- Don't scratch or pick at tattoo.

Piercing Aftercare

What to Avoid

- Do not play with your jewelry. Long term effects include permanent damage to teeth, gums, and other oral structures. See the APP's Brochure. Oral Piercing Risks and Safety Measures for more information.
- Avoid undue trauma; excessive talking or playing with the jewelry during healing can cause the formation of unsightly and uncomfortable scar tissue, migration, and other complications.
- Avoid using mouthwash containing alcohol. It can irritate the piercing and delay healing.
- Avoid oral sexual contact including French (wet) kissing or oral sex during healing (even with a long-term monogamous partner).
- Avoid chewing on tobacco, gum, fingernails, pencils, sunglasses, and other foreign objects that could harbor bacteria.
- Avoid sharing plates, cups, and eating utensils.
- Avoid smoking! It increases risks and lengthens healing time.
- Avoid recreational drug use.
- Avoid aspirin, alcohol, and large amounts of caffeine as long as you are experiencing bleeding or swelling.
- Avoid submerging healing piercings in bodies of water such as lakes, pools, etc.

Each body is unique and healing times vary considerably. If you have any questions, please contact your piercer.

What is Normal?

- For the first three to five days or so: significant swelling, light bleeding, bruising, and/or tenderness.
- After that: some swelling light secretion of a whitish-yellow fluid (not pus)
- A piercing might seem healed before the healing process is complete. This is because they heal from the outside in, and although it feels fine, the tissue remains fragile on the inside. **Be patient**, and keep cleaning throughout the entire healing period.
- Even healed piercings that you have had for years can shrink or close in minutes! This varies from person to person; if you like your piercing, keep jewelry in-do not leave the hole empty.

Cleaning Solutions

Use one or more of the following solutions for inside the mouth:

- Antimicrobial or antibacterial alcohol-free mouth rinse.
- Plain clean water.
- Packaged sterile saline solution with no additives (read the label), or a sea salt mixture: Dissolve 1/2 to 1/4 teaspoon of non-iodized (iodine free), fine-grain sea salt into one cup (8 oz.) of warm distilled or bottled water. A mixture of 1/2-1 teaspoon of salt to a quart (32 oz.) of water can be made and stored in the refrigerator, than a small amount can be dispensed and warmed for use each time. A stronger mixture is not better; saline solution that is too strong can irritate the piercing.

(Note: If you have high blood pressure or a heart condition, please check with your doctor before using saline product as your primary cleaning solution.

Permanent-Makeup Aftercare

Brow Aftercare

There is a 10-day healing process that takes place after your eyebrow procedure. Wash the area with soap and warm water 2 hours after your appointment, before going to sleep the day of your appointment, and the morning after. After these times, please keep the area as dry as possible for 10 days. Avoid sun exposure. Do not apply makeup, lotions, or anything not given to you by your artist. Those people with normal/dry skin will receive an ointment that should be applied once a day. Please do not use Retinol-containing products for 4 weeks after your appointment. It is normal and expected for the color to seem darker and more pronounced after your procedure, usually by day 3. On days 5-7, there will be slight flaking, DO NOT pull or pick your brows as this will result in uneven color retention when healed.

Lip Aftercare

There is a 5-7 healing process that will takes place after your lipblush procedure. Please make sure to keep them moist and hydrated by applying the ointment given to you by the artist. On days 3 to 5 the lips may flake slightly, this is normal. Make sure to not pick at your lips. Please do not eat spicy foods or anything that might get on your lips during healing process. Avoid sun exposure. The color will settle and soften to about 30% its intensity right after treatment.

Please visit the [PMU](#) page for more information.