



## Inkless Rejuvenation / Brazilian Camouflage

### Pre-Procedure Protocols - Please Follow - Inkless & Brazilian Camouflage

*Failure to follow pre/post-treatment instructions can raise the risk for hyperpigmentation, - viral, bacterial, and fungal infections that can occur anytime the integrity of the skin is compromised.*

- ❖ Do not come if you are currently ill or feeling sick
- ❖ Inform my technician if there are any changes to my medical history or medication
- ❖ Drink plenty of water to hydrate
- ❖ EAT! Bring snacks with you to your appointment. It is crucial you eat before your appointment. The treatment CANNOT be performed if you do not eat or are fasting.
- ❖ Shower the day of your procedure shower on the day of your appointment - you will not shower again for 24/48 hours
- ❖ Do not shave the day of the procedure to avoid skin irritation. If there's dense hair present in the treatment area, shave the day before you arrive for your appointment.
- ❖ Do not wear serums, toners, creams, SPF or other products on the morning of the procedure in the treatment area. Clean skin only.
- ❖ Do not work out on the day of your treatment
- ❖ No alcohol, and caffeine 24 hours before your appointment.
- ❖ No shaving on the day of the procedure to avoid skin irritation to the area being treated. If there is dense hair present in the treatment area, closely shave the area the day before you arrive at your appointment.
- ❖ Do not take any anti-inflammatory medications such as ibuprofen, Motrin or Advil for 3 days prior to treatment. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.
- ❖ No blood thinning agents (aspirin, fish oil, Omega-3, Vitamin E) for 1 week prior.
- ❖ No IPL/Laser, botox, fillers or use of retinoids/retinol, RF, peels, micro-needling or other treatments, in the treatment area 4 weeks prior to the appointment
- ❖ No unprotected sun exposure or sunburn for 4 weeks prior. We cannot work on burned, irritated skin.
- ❖ Avoid antibiotics beginning 4 weeks prior to the appointment
- ❖ Refrain from using Accutane for 6-12 months
- ❖ Avoid Sun Tanning, all self-tanners, including spray tans beginning 4 weeks prior to the appointment



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### **Post-Procedure Protocols - Please Follow - Inkless & Brazilian Camouflage**

#### **WHAT YOU CAN DO**

- ❖ When leaving the appointment, it is recommended to have a snack. Your body uses up a lot of energy during the treatment and refuelling is recommended. Stay hydrated, and drink plenty of water.
- ❖ Leave the wrap on for 4 hours.
- ❖ For the first few days, keep the area(s) hydrated by using the care products recommended by your technician. Put provided serum on the same night as the treatment: keep using serum 2-3 times daily until finished.
- ❖ Be sure to wash your hands thoroughly before touching your procedure area(s) to avoid infection.
- ❖ Make sure all clothes that touch your skin are clean. Put clean sheets on your bed. You have open wounds that can up to 48/72 hours or more to close. You do not want to get bacteria in the treated area(s). Loose-fitting clothes are best.
- ❖ If the area(s) is tender, you can take Tylenol after the treatment, Advil is not recommended.
- ❖ 3 days, cold compress the areas at least 3x daily for 10 minutes or as needed to reduce swelling. NO ICE just use a cold compress or cold water.
- ❖ Wash the area(s) (at least twice a day) with warm water and use fragrance-free, hypoallergenic soap to keep it clean and prevent infection.
- ❖ Once the open wounds have healed, use fragrance-free, hypoallergenic moisturizer when caring for the area(s), as harsh chemicals and fragrances can irritate and even damage the skin. Use a moisturizer that allows the skin to breathe, as clogged pores can cause an infection.
- ❖ Make sure the area(s) are completely dry before applying aftercare moisturizer, as trapping excess moisture under the skin can lead to irritation and heat rash.
- ❖ While healing, cover the treated area(s) with clothing or a bandage whenever it might be exposed to the sun this can be up to 8 weeks. Or wear sun-protective clothing whenever you go outside. Protect the surrounding areas and other skin with SPF 30+

**Although rare, excessive swelling or allergic reactions may occur. If excessive swelling occurs, you should consult your Doctor. If any allergic reaction causes difficulty breathing and/or swelling, call 911 or go to the emergency room immediately.**



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If hyper-pigmentation occurs, we need to wait until it subsides to perform the next session; this can take up to 3-6 months to encourage proper healing to reduce the risk of strong hyperpigmentation.

#### **WHAT NOT TO DO**

- ❖ Do not touch the area(s) before washing hands.
- ❖ For the first 2-3 days, do not wear tight clothing - no jeans for two weeks
- ❖ No working out for 4 days post-treatment. Avoid excessive sweating for 14 days - longer if the wound has not healed.
- ❖ No IPL/Laser, botox, fillers or use of retinoids/retinol, RF, peels, micro-needling or other treatments, in the treatment area 4 weeks post-treatment - or till area is fully healed
- ❖ Do not shower for 24 hours. Avoid exposing the area(s) to the full water pressure of the shower for 7 days. Luke warm water only.
- ❖ Avoid submerging the area(s) in water or getting the treated area wet up to 6 weeks post-treatment, except when washing it. No jacuzzi, sauna, pool, or beach -until the wound is fully healed.
- ❖ Do not use soaps and moisturizers with any fragrances or harsh chemicals. Even if a product does not normally irritate the skin, it may irritate the treated area(s). Do not use non-cosmetic-grade petroleum moisturizers they will clog the pores.
- ❖ No other activities that risk causing an infection, or comprising the healing process.
- ❖ Avoid any direct sun exposure for 8 weeks or until fully healed. (skin to direct sunlight, tanning booths, or any products which increase melanin (what gives your skin its colour). Do not use self-tanning products.
- ❖ No makeup of any kind may be applied for the first 7 days following the procedure - or until healed
- ❖ DO NOT pick at the newly forming scabs as your procedure heals! Avoid scratching or peeling to prevent infection or discolouration. The area(s) will scab over, peel, darken and then lighten up. This is all NORMAL. Please be patient. Clients find massaging the serum lightly helps with the itching.
- ❖ Avoid gardening or any activity that increases the chance of infection, for the 2-week post or while still healing. Any dirt or bacteria of any kind that comes into contact with the treated area(s) could cause an infection.
- ❖ If you have pets, understand that pet hair and dander are one of the biggest causes of infection. Keep pets away from the area during the healing process!
- ❖ Although technically you can smoke, we do not recommend it. Smoking decreases blood flow and inhibits proper healing and prolongs the healing period slowing down cell regeneration, and increasing the risk of infection. Smoking reduces collagen production in the body - which is what makes the skin more elastic. If your skin elasticity is reduced, your ink has a high chance of bleeding out.