



PMU Pre-appointment instructions

In order to proceed with your appointment, all instructions and policies must be followed.

Appointment Etiquette & Policies:

- Any payments and deposits made are non-refundable.
- 72 hours notice is required to reschedule your appointment otherwise a new deposit must be paid. Last minute cancellations and no-shows may be billed for the entirety of their missed appointment.
- Guests and children are not permitted to come to your appointment under any circumstances.
- If you are having your brows or lips done, you must come wearing makeup. If you are having your eyeliner done, do not apply any eye makeup the day of your appointment.
- Phones must be put on silent or vibrate and used for emergencies only.
- Gum/mints are not permitted during your appointment.
- Your appointment must be rescheduled if you are sick or not feeling well. Please do not come in.

Please follow these instructions carefully before your appointment.

- Avoid botox or filler in or near the treatment area for 4 weeks before and 2 weeks after your appointment.
- Do not use any chemical exfoliating cleansers, creams, serums, in or around the area 2 weeks before and 2 weeks after your appointment (AHA, BHA, Retinol, Glycolic acid, lactic acid, Salicylic acid, etc). Use Cetaphil or Cerve gentle cleansers and basic moisturizers only.
- Avoid tanning or sun exposure including self-tanner for at least 7 days prior to treatment. For appointments during winter, it's ideal to wait 2 weeks before and 2 weeks after a hot vacation.
- Avoid lash enhancement serums and hair regrowth treatments, serums, and supplements ON THE AREA for 30 days before your appointment.
- Remove all extensions in the area to be worked on prior to your appointment. e.g.: Brow PMU - Remove brow extensions, SMP - Remove hair extensions, Eyeliner PMU - Remove eyelash extensions.
- If you are getting PMU lip blush and you have EVER had a cold sore, please consult your physician or Pharmacist about medical prevention treatment prior to your appointment. PMU lip blush will cause an outbreak if prevention steps are not taken.
- You must have not had any laser or IPL treatments in the area to be treated within the last 3 months.
- Clients who have had a chemical peel, botox, filler, or other skin procedure or specialty facial must wait at least 2-3 weeks before a PMU procedure.
- Clients must not have used Accutane for 12 months prior to treatment.
- Avoid caffeine for 24 hours before your appointment.
- Avoid alcohol and drugs for 72 hours before your appointment.
- Medications to avoid 3 days prior: Advil, Naproxen, Ibuprofen, or other non-prescription anti-inflammatory medications. Also avoid Fish oils and/or omega 3/6/9 supplements, as well as vitamin E oils or supplements.
- Eat a healthy and hearty meal before your appointment.