**Before Your Permanent Make up/ Cosmetic Tatoo Appointment:**

* Refrain from all medications that cause thinning of the blood at least 72 hours before your appointment. This includes but is not limited to: Aspirin, Advil, Aleve, Niacin, Fish Oil, Vitamin E, omega-3 supplements and Ibuprofen. Please consult your physician before stopping any medication.
* Refrain from consuming coffee and energy drinks the day of your appointment.
* Refrain from alcohol consumption 24 hours before your appointment.
* Refrain from suntanning, microdermabrasion, dermaplanning, laser treatment and chemical peels 7-10 days before receiving a cosmetic tattoo.
* If you receive Botox, please ensure you leave at least 3 weeks in between sessions to ensure it doesn't effect the overall symmetry of your new cosmetic tattoo.
* Discontinue the use of vitamin A, Retinol, glycolic acid, lactic acid, salicylic acid and/or skin regenerating products four weeks prior to your microblading procedure. These products can cause premature and extreme color loss. If you decide to continue your Retin-A or Retinol use, do not apply on the treated area and please keep in mind that I am not responsible for faded tattoo results.
* If you are receiving any waxing or hair removal in the treated area, please allow a minimum of 2-3 days between your appointments for the skin to heal.
* If you have an iron deficiency, iron supplements must be taken consistently for at least 6 weeks prior to an appointment. Continued usage after your tattoo is recommended. Low iron levels will affect both retention and longevity of microbladed brows as your body will absorb the pigment more rapidly
* No chemical peels for 30 days before and after your appointment.
* If you are planning a vacation, I do recommend you plan your trip a minimum of 14 days before or after the procedure and be very mindful of sun exposure.
* If you have been diagnosed with cancer or any extreme illnesses in the past, it is required for you to have been in remission for a minimum of 1 year and have a signed note by a licensed physician in order to receive Microblading. The safety of my clients is my first priority.
* If you are experiencing any blemishes, acne, cold sores, any skin irritations or have a mole in or around the area of procedure please contact me immediately via e-mail (firheywotg@gmail.com) for a consultation. It is important for me to decide whether or not I have a workable surface for your procedure. Failure to communicate any of these may result in a cancellation or rescheduling of your appointment. All deposits are nonrefundable.
* Please note that sensitivity is heightened during menstrual cycles.

**Day of your appointment:**

* Please ensure you come to the appointment hydrated and fed to ensure you're in a state of comfort for the process. Be aware that you will be laying down for long periods of time. You’re also welcome to bring headphones if you wish to zone out during the process and you are always welcome to request a silent appointment.
* If you have a shape or inspiration in mind, feel free to bring in reference photos. You’re also welcome to come in with your brows filled in as you’re used to seeing them. Just keep in mind, I will be cleaning around the brow area through the service. As a rule, a clean canvas is a great start to a successful session.
* It’s great to work with what natural brow you have, so feel free to let them grow in a bit. We can clean up any stray hairs at the studio.
* Please attend your appointment without additional guests.
* In order to avoid excessive bleeding and poor colour deposit:
* Do not drink alcohol 24 - 48 hours before your tattoo

1. Do not consume coffee or caffeine before your procedure
2. Do not take an aspirin or ibuprofen for pain relief (this thins the blood)