



## PRE & POST PROCEDURE INFORMATIONS

### ONE WEEK BEFORE:

1. Avoid the following medications and foods, as their consumption causes an increased likelihood of bleeding problems: Steroids, anti-inflammatoires, Aspirin, Ibuprofen, or any médecines containing Aspirin or Ibuprofen ( ie: Motrin, Advil, Aleve, Exedrin, Midol ) if needed, use Tylenol instead. Foods and herbal supplements containing garlic, ginger, Ginkgo, Fereverfew, St John's Wort, Dong Quai, pure licorice, fish oil, Glucosamine or Vitamin E ( found in all multi-vitamins).  
Avoid drinking red wine. If you have any questions about a particular medication, please contact me.
2. Nicotine must be avoided for two (2) weeks prior to the procedure and two (2) weeks after your procedure.
3. If you are taking any medications that have been prescribed by your physician, please review these with your physician.
4. If you are subject to Herpes, the virus may surface. It is recommended to ask your physician a prescription 2 to 3 days prior to pigmentation.
5. If you have high blood pressure and are on anticoagulant, you should stop medication two(2) to four (4) days prior to the procedure and ask your physician for a written notice.
6. For eyeliner procedure, if you have ocular or evolutionary pathology, it is recommended to wait six (6) weeks after conjunctivitis.
7. Psoriasis must be in control.
8. If you had recent fillers, laser, peeling or AHA, please wait two(2) to four (4) weeks before making an appointment.

### ONE DAY PRIOR TO PROCEDURE:

1. Do not drink alcoholic beverages for 24 hours prior to the procedure.

### DAY OF PROCEDURE:

1. Shower and wash area, do not use any creams on procedure area.  
If Areola/Nipple procedure, wear a loose bra and top for your comfort.
2. Do not drink any caffeinated beverages prior to arrival. This includes coffee, sodas or any other beverage that contains caffeine.