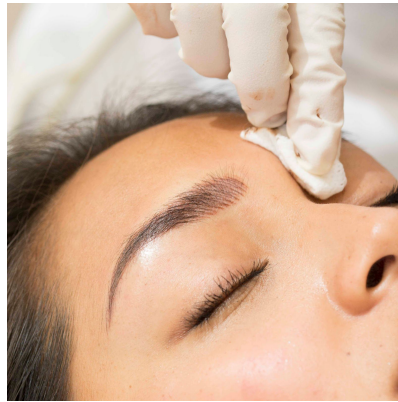


PERMANENT MAKEUP / TATTOO AFTERCARE

When it comes to your aftercare instructions for permanent makeup or soul tattoos, just think of :
A - W - M which stands for Absorb, Wash, and Moisturize!

Absorb (Day of)

- After the procedure, gently blot the area with a clean tissue to absorb excess lymph fluid.
- Do this every 5 minutes until the oozing has stopped.
- Removing this fluid prevents hardening of the lymphatic fluids.



Wash (Days 1-7)

- Wash daily to remove bacteria, build up of product and oils, and dead skin. (Don't worry, THIS DOES NOT REMOVE THE PIGMENT!)
- Gently wash the area each morning and night with water and gentle soap or an unscented cleanser like Dial Soap, Cetaphil, or baby shampoo. With a very light touch, use your fingertips to gently cleanse the area.
- Rub the area in a smooth motion for 10 seconds and rinse with water ensuring that all soap is rinsed away.
- To dry, gently pat with a clean tissue. DO NOT use any cleansing products containing acids (glycolic, lactic, or AHA), or exfoliants.



Moisturize and hydrate (Days 1-7)

- Apply a tiny, rice grain amount of aftercare 3 times a day with a cotton swab and spread it across the treated area.
- Be sure not to over-apply, as this will suffocate your skin and delay healing. The product should be barely noticeable on the skin.
- NEVER put the product on a wet or damp tattoo.



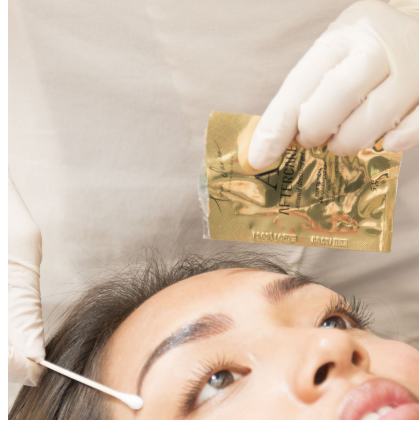
AWM should have you covered, but here are some extra tips to help with a smooth and easy recovery:

Important Reminders

- Use a fresh pillowcase while you sleep.
- Avoid sleeping on your face for the first 10 days.
- Let any scabbing or dry skin naturally exfoliate away. Picking can cause scarring or loss of color. DO NOT rub, pick, or scratch the treated area.
- No facials, botox, chemical treatments or microdermabrasion for 4 weeks.
- Avoid hot, sweaty exercise for one week.
- Avoid direct sun exposure or tanning for 4 weeks after the procedure. Wear a hat when outdoors and don't apply sunscreen to them until the skin is completely healed.
- Avoid hot tubs, long, hot showers, steam rooms, public pools, lakes or submerging the tattoo in water for the first 10 days.
- Avoid hot tubs, steam rooms, public pools, sweaty exercise, or submerging the tattoo in water for the first 10 days.
- Avoid putting makeup on the area for the first week.

Important Instructions for Showering

- Limit your showers to 5 minutes so that you do not create too much steam. Keep your face/procedure area out of the water while you wash your body, then, at the end of your shower, wash your hair.
- Your face should only be getting wet only at the end of the shower.
- Avoid excessive rinsing and hot water on the treated area.



Congrats on your work you had done today! Follow the Aftercare instructions and ENJOY the beauty of your new work!

