



Lasting Beauty Cosmetics

PREPARATION AND RISKS

Be sure to read through all the information I have provided and call with any questions at (608) 772-0190

The following is information I'd like to share to help prepare you better for your permanent makeup experience.

BEFORE YOUR APPOINTMENT:

If you do not numb well with topical anesthetics (Lidocaine, Tetracaine, etc.), you would not be a good candidate for this procedure. If you are not sure, a good clue would be how well you numb and stay numb at the dentist. It is no fun for you or me if you are not numbing well with my topical anesthetics.

I also use a topical with Epinephrine in it to help control bleeding and swelling during the procedure. It is very important to control bleeding during a permanent makeup procedure. If there is a lot of bleeding, the skin is more sensitive and it swells sooner. When this happens, the topical does not work as well and the pigment does not take as well. I will have to stop working on the skin if it gets overly red and swollen. More work may be needed at touch-up if this occurs.

The best control of bleeding and swelling is precautions you can take by avoiding taking anything into your body that thins your blood. The following information is not all-inclusive. Only a doctor or pharmacist can ensure which substances, medications, supplements may thin your blood. Be sure to follow the precautions below:

1. If you are using eyelash enhancing serum, you must be off for 6 months prior to any eyeliner application. I have found the skin along the eyelashes becomes red and sensitive causing more bleeding and swelling during the eyeliner procedure which can result in pigment migration (see Risks).
2. Do not drink alcohol the night before any permanent makeup procedure.
3. Do not take any anticoagulating pain relievers (aspirin, Excedrine, Advil, Aleve, Ibuprofen, Naproxen, etc.) for 48 hours before any permanent makeup procedure.
4. Do not take any anticoagulating vitamin supplements (Vitamin E, Fish Oil, Flaxseed Oil, Gingko, Garlic, etc.) for at least one week before any permanent makeup procedure.
5. If you have eyelash extensions, they must be removed before permanent eyeliner is applied.

You may not be able to be off of all meds that thin your blood because of medical conditions. Make sure you check with your doctor or pharmacist and inform me ahead of time.

Eyeliner: Do not wear eye makeup to any eyeliner procedure. Make sure the skin is free of all old eye makeup. Scrubbing of the eyelid right before the procedure causes skin irritation and swelling. I do not want your skin irritated and swollen before I begin the procedure. You can bring along the eyeliner you are using to help find a color match.

You cannot wear eye makeup (mascara, eye shadow, eyeliner) for 7-10 days after the procedure. Wearing makeup on freshly tattooed skin can cause infection. You must wear ointment on your eyelids while you are healing for no less than three full days. Ointment and eye makeup do not mix. However, bring along any other makeup you want to wear (foundation, blush, lipstick, brow pencil) to reapply after the procedure because I wash off most of your makeup during the procedure. I have cleanser and moisturizer available or you can bring your own. I provide the ointment for your aftercare.

Do not wear contact lenses to any eyeliner procedure. It is very difficult to wear contacts with ointment on your eyelids. Also bring sunglasses in case your pupils dilate from the Epinephrine in the topical anesthetic.

The eyelids are numbed before I begin the procedure. It takes about 20-30 minutes to get the skin numb enough to begin.

Eyebrows: Definitely do wear your drawn on eyebrows to your first eyebrow procedure. I want to see the way you like to wear them and what color you are comfortable with. I will clean them off and design them myself before I tattoo them on. I just want to see what your comfort level is with your brow color and shape. The brow area is less sensitive to cleansing before the procedure. **Be sure to have your brows coiffed (tweezed, waxed, threaded and/or trimmed 3-5 days prior to your appointment.**

After the drawing is completed and approved by you, I will gently insert some pigment into the drawing before I can numb the skin. This will feel like a heavy tweezing and you may tear or sneeze. After the drawing is safely marked, I clean off the pigment and drawing, numb the skin and finish the procedure.

You must wear ointment on your eyebrows while you are healing. Do not wear brow pencil while you are healing (7-10 days). However, bring along any other makeup you want to wear (foundation, blush, lipstick, eyeliner, mascara, eye shadow) to reapply after the procedure because I wash off most of your makeup during the procedure. I have Mary Kay cleanser and moisturizer available or you can bring your own. I provide witch hazel and ointment for your aftercare.

DURING THE PROCEDURE:

I will keep you informed of what I am doing as I work. Try to stay calm and cooperate with me keeping your muscles relaxed. If you are especially nervous, see if your doctor will give you something to help you stay calm. You may need a driver if you are on calming medication. Most people do not need this and can drive themselves. There is very little discomfort during the procedure as long as you numb well with my anesthetics. For eyeliner you can also try allergy medication to help reduce swelling. This could also cause drowsiness and a driver may be needed.

POSSIBLE RISKS WITH PERMANENT MAKEUP:

While I have been very successful in providing permanent makeup that looks beautiful and is loved by my customers, there are risks that need to be understood. These occurrences are rare.

First of all, you may not like it. I encourage customers to start conservative because I can easily add or darken your permanent makeup during your touch-up. I can lighten, change color tones and revise the existing shape of permanent makeup, but I cannot remove it completely. Some small spots can be removed with an exfoliating solution (glycolic acid), but removal is not usually the best solution. I would advise you to err on the side of conservative, so I can add to it instead of try to subdue it, I can then do a touch up post-procedure 4-6 weeks.

Infection can also occur on skin that is broken. It is important to follow the aftercare instructions carefully. Stay away from dust, dirt, bacteria, etc. Washing hands often, not touching the treated area and keeping the ointment on as directed are a must. A corneal abrasion can also occur during eyeliner procedures. Rarely eyes can be super-sensitive to the topical anesthetics and become irritated leaving an abrasion on the cornea. While both infections and abrasions will heal quickly, it is important to call me with any concerns so I can advise you accordingly.

Another possible risk is pigment float or migration. This is where pigment migrates or spreads beyond where it was inserted. Sometimes a person will have tiny veins close to the surface of the eyelid where pigment can spread slightly. This can cause the pigment to look fuzzy and/or wider in spots or along the outside edge of the line. Some people like this result and some don't. Also, inserting pigment into skin outside of the eyelash area can also cause pigment migration. Eyeliner is applied only in the area in and above the eyelash area to prevent this from happening. Excessive bleeding and swelling can also cause pigment migration so it is extremely important to avoid thinning your blood and/or using lash serums before your procedures as explained on page 1.

Allergic reaction: I have never had an incident of allergic reaction to the pigments I use. The pigments I use are well researched. I can do a patch test 1-2 weeks prior to your appointment for a fee of \$80 if desired.

I hope this information has been helpful. Again, these risks are rare. Feel free to call me with any questions or concerns at (608) 772-0190.



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CONSENT AND RELEASE FORM FOR MICRO-PIGMENTATION (TATTOO) "PERMANENT MAKE-UP PROCEDURE"

The State of Wisconsin prohibits tattooing anyone under the age of 18. The only person who could tattoo a minor is a physician or someone working for the physician under his/her guidance in his/her office as part of a medical procedure. Anyone who appears under the age of 18 must supply a license or student ID with birth date to be copied for the file.

Name _____ Over 21 Years Old? _____

Address _____
Street Apt # City State Zip

Home Phone _____ Cell Phone _____ Work (optional) _____

I, the undersigned and the person named above, hereinafter referred to as CUSTOMER, have been duly informed by **TAMMY STANEK LASTING BEAUTY COSMETICS**, hereinafter referred to as OPERATOR, of the nature, risk and possible complication and consequences of the permanent make-up procedure for which I have contracted OPERATOR to do. I understand that this procedure is designed to enhance my appearance, and I consent to said treatment, which shall be performed by, or under the direction of OPERATOR. I further understand that this cosmetic procedure, using the permanent make-up process/tattoo, is a permanent cosmetic and cannot be removed or easily changed as other cosmetics and agree to release OPERATOR from all manner of liabilities, claims, actions, and demands in law, or in equity, which I or my heirs might now or hereafter consider by reason of complying with my request of a tattoo procedure.

I fully understand that any employee of OPERATOR, when performing a permanent make-up procedure, does not act in the capacity as a medical professional. The suggestions made by any employee or agent of the OPERATOR are just suggestions. They are not to be construed as, or substituted for advice from a medical professional. I understand that the permanent make-up procedure will be performed using appropriate techniques, instruments, and pigments. I also understand that infections can occur due to lack of proper hygiene and/or pigment sensitivities. I have been advised and I fully understand that improper skin care may lead to an infection of the treated area. OPERATOR has given me proper written and verbal skin care instructions. To ensure proper healing of the treated area, I agree to follow the written and verbal aftercare instructions that will be provided, until healing is complete. I understand that the treated area may take up to one week to heal properly. I acknowledge that should my skin become infected due to improper skin care, I will hold OPERATOR harmless.

The permanent make-up which I have contracted for is a lasting impression that will gradually fade with age even with proper skin care (eyebrows 3-5 years and eyeliner 5-10 years). I am, however, fully informed and aware that the work may fade sooner as a result of age, skin care, and prolonged exposure to the sun or to chlorinated and/or salt water. Should the work fade, I will not hold the OPERATOR liable for such consequence.

I am informed and understand that if my skin is **excessively oily**, there is a chance that the work may fade sooner. I acknowledge that I have informed OPERATOR of my skin condition, and if my skin is excessively oily, and I still consent to this procedure, I will hold OPERATOR harmless in the event such fading occurs.

I am informed and understand that the work will not in any way contribute to nor itself induce a loosening of the skin. I am informed and agree that OPERATOR shall not be liable in the event such condition occurs.

I understand that my photos may be used for educational or advertising purposes and give up all rights to these photos. I will let the OPERATOR make any and all decisions regarding photos taken of myself by the OPERATOR and understand I will receive no compensation regarding these photos.

I have read this release form and confirm that all the information I have given on this document and the Customer Health History form is correct and to follow the General Care Instructions. I understand that this is a release form and I agree to be legally bound by it.

CUSTOMER SIGNATURE _____ DATE _____

Referred by: Yellow Pages Friend Newspapers Salon Brochure Business Card
(Please circle)

NAME _____ (if applicable)

CUSTOMER HEALTH HISTORY

To avoid unforeseen complications, please answer the following questions. Answering "yes" to any of these questions does not necessarily preclude you from receiving permanent make-up. However, be sure to call ahead to discuss any Yes answers with Operator no less than one week before permanent makeup is applied.

- | | | |
|-----|----|---|
| Yes | No | Are you pregnant? Permanent makeup cannot be administered if you are pregnant without written consent from your obstetrician. |
| Yes | No | Are you allergic to any of the Caine family of drugs (ex., Novacaine for dental work)? |
| Yes | No | Do you have problems numbing and remaining numb at the dentist with Novacaine? |
| Yes | No | Are you sensitive to Latex? I do have synthetic gloves if Latex gloves are a problem. |
| Yes | No | Have you ever had a reaction to products with a petrolatum base? I use Aquaphor ointment. |
| Yes | No | Do you have oily skin? Excessive oily skin can cause premature fading of a tattoo. |
| Yes | No | Do you have any conditions that might affect the healing process? (example: Are you slow to heal?) |
| Yes | No | Do you have Lupus or any skin disorder that is not visible? If so, healing can be hampered. |
| Yes | No | Do you have any conditions that cause excessive bleeding? Do you have problems stopping bleeding with a cut or scratch? |
| Yes | No | Have you had previous problems with your tattoos? It is important to share what happened with Operator. |
| Yes | No | Are you currently undergoing radiation therapy? If so, Physician must provide written consent. |
| Yes | No | Are you currently using Alpha Hydroxy, Retin-A or Glycolic skin care products? These will cause premature fading of tattoos. |
| Yes | No | Have you applied eyelash enhancing serum to your eyelashes in the last 6 months? |
| Yes | No | Have you had any <u>alcohol</u> within the last 16 hours? No alcohol 16 hours before procedures. |
| Yes | No | Have you had any <u>illegal mood altering drugs</u> in the last 16 hours? |
| Yes | No | Have you consumed any anticoagulant <u>pain relievers</u> (Aspirin, Excedrin, Ibuprofen, Aleve, Advil, Naproxen, etc.) in the last 48 hours? Tylenol is okay. |
| Yes | No | Have you consumed any anticoagulant <u>supplements</u> (Vitamin E, Fish Oil, Flaxseed Oil, Ginko, Garlic, etc.) in the last week (must be off these one week prior to procedure)? |
| Yes | No | Have you been jaundice (yellowing of skin or eyes) in the previous 10 days? |
| Yes | No | Do you have any medical conditions that would require a physicians consent to have a tattoo? |
| Yes | No | Have you had Botox, or facial fillers in the past 4-6 months contact me to prior to your scheduled procedure, depending on your brow line we may need to reschedule. |

The OPERATOR makes no attempt to, or claim to practice medicine. Some individuals will have complications related to permanent make-up application. These complications are usually mild and last only a few days, however, extreme complications are always a possibility. Ultimately, if you are healthy, the decision to have or not to have a tattoo is up to you. If you are healthy and there are no visible reasons restricting you from receiving a tattoo, you must approve of the design and color selection before OPERATOR will apply your permanent make-up.

CUSTOMER SIGNATURE _____

DATE _____



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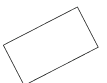
General After Care Instructions for Permanent Cosmetic Make-up Applications

For 7 days following application of permanent cosmetics:

- ✓ **GENTLY** use a warm cloth to pat away the excess lymph from the procedure area before you go to bed and upon rising in the morning. X _____
- ✓ **Do not touch** the healing pigmented area with your fingers, they may have bacteria on them and create an infection. X _____
- ✓ Apply petroleum 2-4 times daily until the procedure area has healed. **Always use a clean cotton swab and not your fingertips.** We suggest petroleum jelly as it is non-reactive in most clients. **Dab off excess product with a tissue.** **Overuse of your healing product will not let the area heal properly.** X _____
- ✓ No make-up, tinting of lashes or brows, sun, soap, sauna, steam, exercise, Hot Yoga, Jacuzzi, swimming in chlorine pools or in the ocean for 7-10 days (until area is completely healed) post procedure and after all color refreshers. X _____
- ✓ Before bathing, gently apply a light coating of petroleum on the procedure area using a clean cotton swab. Continue this regime until the procedure area has completely healed. The steam may express the pigment color. X _____
- ✓ Do not rub or traumatize the procedure area while it is healing, pigment may be removed along with crusting tissue. X _____
- ✓ Use a 'sun block' after the procedure area has healed to prevent future fading of pigment color. X _____
- ✓ Sleep on a CLEAN satin pillowcase while the procedure area is healing. X _____
- ✓ Color refresher visits should be scheduled between 30-45 days post procedure. All PMU procedures are a two-step process. Results cannot be determined until the color refresher is completed. X _____
- ✓ If you experience any itching, swelling, blistering or any other complications post-procedure, stop using product and call your technician immediately. You may be allergic to the after care product you are using. **If you had an eyeliner procedure, do not rub, scratch or irritate your eyes as you may create a corneal abrasion. Rinse out your eyes!** X _____
- ✓ If you experience anything out of the ordinary phone your technician and physician. X _____
- ✓ Clients need to follow **ALL After-Care Instructions** for maximum results of their procedure(s). X _____
- ✓ Aloe Vera can pull the color out of some clients so we suggest that they do not use this product while they are healing. Sometimes 'Natural' products can compromise the integrity of the pigment color. X _____
- ✓ Remember all procedures must HEAL, PEEL, and FADE! This process may take up to 10 days. X _____
- ✓ Clients color will look **MUCH** darker for the first 10 days as the procedure has blood and lymph in it. After the area peels, the color will be softer. X _____
- ✓ Do not use ANY products that contain AHA's, Vitamin A, Retinol A or similar lightening and peeling products on the procedure area. (Example Glycolic, Lactic Acids. Check your product labeling) It will fade your pigment color. Using RevitaLash, Latisse or other hair growing products may lighten the procedure area. Read the ingredients on the back of every bottle of product that you will using. X _____
- ✓ If you have had Botox, or facial fillers in the past 4-6 months contact me to prior to your scheduled procedure, depending on your brow line we may need to reschedule. X _____
- ✓ You may alternate between ice and hot packs to relieve swelling. X _____

Signed: _____

Date: _____





Lasting Beauty Cosmetics

5192 Greenfield Park Rd., Fitchburg, WI 53711

(608) 772-0190

www.Permanentcosmeticsmadison.com

HOME CARE INSTRUCTIONS

Within two to four weeks the final effect of your permanent make-up will be obtained. However, you may experience the following during preliminary healing. Please call me at (608) 772-0190 if you have any questions.

EYE LINER: 2 ½-3 hour procedure)

- ◆ Irritation (lids feel bruised and achy) following procedure--subsides within 30-45 minutes.
- ◆ Puffy, red eyelids for 7 to 10 days.
- ◆ Tenderness
- ◆ Flaking
- ◆ Slight Bruising
- ◆ Itching (do not touch or scratch--an infection can occur and medical treatment may be necessary)
- ◆ Eyelashes may stick together in the morning

EYEBROWS: (2 ½-3 hour procedure)

- ◆ Irritation (brows feel sunburned) following procedure--subsides within 30-45 minutes.
- ◆ Dryness and itching in the treated area
- ◆ Flaking
- ◆ Tenderness
- ◆ Redness

Follow This Regimen of Daily Care Until Healed:

EYE LINER

- ◆ Do not touch the treated area unless applying ointment. Apply ointment twice per day. However, if you experience stinging or itching, the skin may be too dry and more ointment can be applied. You can let the shower run over your eyes, splash water in them, use natural tears or saline solution to rinse them, but there can be **NO scratching, rubbing, picking or scrubbing of the treated area**. Apply ointment on treated eyelids by rolling it on, **do not rub it into tissue**. Discontinue using ointment when tissue feels smooth. It usually takes 7-10 days for preliminary healing. I will provide ointment and an ice pack for aftercare. When healed, wash ointment off gently with baby shampoo 1 once a day. Do not apply eye makeup around treated area until preliminary healing is completed (7-10 days).
- ◆ If your eyelashes are sticking together, moisten with water or liquid tears and reapply ointment.
- ◆ Benadryl tablets, or any over the counter allergy medicine, can be taken to reduce swelling and itching before or after the procedure.
- ◆ Apply ice for 10-20 minutes two-four times per day. The more you ice, the less swelling will take place.
- ◆ Your free touch-up must not take place less than 4 weeks after the original procedure. This allows for better results during touch-up.

EYEBROWS

- ◆ **GENTLY** pat away excess lymph from the procedure area by applying Witch Hazel to brows with a Cotton before going to Bed and upon rising in the morning, follow with ointment.
- ◆ **GENTLY** apply ointment 2-4 times per day until area is healed (5-7 days). Apply as needed to keep the area moist at all times for five days. I will provide the witch hazel and ointment for aftercare.
- ◆ Discontinue using witch hazel and ointment after 7 days.
- ◆ No swimming or sunbathing for 1 week. **Always use full spectrum sun block (ex: Neutrogena Age Shield Face SPF 110) when preliminary healing is completed (5-7 days).**



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Please complete this quiz and return to me prior to your appointment. This will help me determine your skin tone, please place an "X" next to the "the questions that are **true**" and return to me prior to your appointment.

Skin Tone Quiz:

section A:

- My eyes are dark hazel, brown or black; eye color _____
- My skin tans easily
- I tan to a golden brown
- I have chestnut brown, auburn, copper or golden brown hair (natural); Hair Color: _____
- My gray hair is more "cream colored" than "salt and pepper"
- I prefer to wear cream colored than white colored cloths
- I like to wear brown or orange colored cloths
- I wear bronze or brown blushers
- I wear coral, orange or brown lipstick
- My teeth are "naturally" Creamy
- Looking in a mirror- pull down your lip; is the underside yellow or orangy color

Section B:

- My eyes are grey, green or blue; Eye Color _____
- My skin burns easily
- I tan to a reddish bronze
- I have sun kissed blonde, sandy blonde, strawberry blonde, black, dark or ash brown hair
- My gray hair is more "more salt and pepper" than "cream color" Hair Color _____
- I prefer to wear white rather than cream colored cloths
- I like to wear, purple, pinks, and blue colored cloths
- I wear deep red, pink or plumb lipstick
- I wear pink or plumb blushers
- My teeth are "naturally" White
- Looking in a mirror- pull down your lip; is the underside a pink color