

# Vickie Riechers, LVN Day Spa

## PRE TREATMENT INSTRUCTIONS

### GENERAL INSTRUCTIONS:

- Avoid caffeine the day of procedure.
- Refrain from alcoholic beverages 48 prior to procedure.
- Aspirin, Advil, Aleve, Motrin, ibuprofen should not be use for 7 days prior to your procedure.
- Tweezing or waxing should be done 48 hours prior to the procedure.
- Electrolysis hair removed no less than 5 days prior to procedure.
- Do not expose the areas to be treated to the sun or tanning beds for one week prior to procedure.
- Fillers should be done 6 weeks prior to your scheduled procedure or done 6 weeks after the procedure.
- Arrive for the procedure with a clean, dry face, free of products and makeup.
- Consult with your physician before taking or discontinuing the use of any medications.
- It is recommended to NOT have a tan/burn on your face at the time of procedure.

### SPECIFIC INSTRUCTIONS:

#### **SCALP**

- Arrive with clean, dry hair, completely free of any products. NO hairspray, gels or conditioners.
- Hair simulation, arrive with clean shaven head.
- No hair coloring 5 days before to procedure.

#### **EYEBROWS**

- No eyebrow tinting 5 days before to procedure.
- Tweezing or waxing should be done 48 hours prior to the procedure.
- Botox injections should be performed either 2 months prior to your scheduled procedure or 1 month after your final procedure.

#### **EYELINER**

- Do not wear contact lenses to the procedure or 3 days following procedure, please remember to bring your glasses on the day of your procedure and should plan for a ride home in the event that your vision is diminished.
- Do not use Latisse at least 4 weeks prior to and 4 weeks after having a permanent eyeliner procedure.
- All eyelash extensions or false eyelashes must be removed one week prior to procedure and cannot be applied for 30 days after procedure.
- Do not use any water-proof mascara or eyeliner for one month prior to procedure. These products contain glue and it takes 30 days for the skin to exfoliate them off.

#### **LIPS**

- If you are having lip procedure and have ANY history of cold sores, fever blisters, or herpes simplex, you are required to contact your physician to obtain the proper prescription medication to prevent such outbreaks. Many physicians prescribe Valtrex (12 capsules of 500 mg each). These can be taken 2 x a day, two days before micropigmentation and four days after, or as the physician prescribes. This is not a guarantee that you will not experience a breakout, but it will reduce the chances. If you cannot obtain the medication, you should at least take LYSINE for a week prior to and following the procedure. Lysine is available over the counter at many drug and nutrition stores.
- Lip clients who have **Mitral Valve Prolapse** must consult their doctor to obtain prophylactic antibiotics prior to the procedure.
- Do not use any color stay lip color for 1 month prior to procedure.
- Fillers may affect color retention and actual lip shape.
- Gently exfoliate lips with a washcloth or soft toothbrush twice a day for 7-14 days before procedure.

#### **AREOLA**

- Chemotherapy/Radiation – Areola clients must be off Chemotherapy/Radiation treatment for at least 4 to 6 months. All surgical patients must wait 6 months from the date of their last surgical procedure. On some occasions a physician's release may be required.

Your appointment has been scheduled: **MON TUES WED THUR FRI SAT SUN** Date \_\_\_\_\_ Time \_\_\_\_\_

Appointment Deposit \$ \_\_\_\_\_ Last 4 \_\_\_\_\_

48 HOUR NOTICE OF CANCELLATION IS REQUIRED. YOU WILL FORFEIT ANY NON REFUNDABLE/TRANSFERABLE DEPOSITS FOR MISSING OR BEING LATE FOR YOUR APPOINTMENT OR NOT WANTING ALL THE PROCEDURES THAT WERE ON SCHEDULED OR FAILURE TO CANCEL WITHIN THE REQUIRED TIME. YOU MUST TEXT 979-299-5865 FOR APPOINTMENT CHANGES, CANCELLATIONS OR RESCHEDULING ALTERATIONS OF ANY KIND.

I, the undersigned, have read and understand, acknowledge and agree to all of the above and will follow all instructions given.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Vickie Riechers, LVN Day Spa Rep: \_\_\_\_\_ Date: \_\_\_\_\_