

INK PROCEDURE

PRE-CARE

2 WEEKS BEFORE / AS SOON AS POSSIBLE

DISCONTINUE:

- All Retinol, Retin-A, Tretinoin. Alpha-hydroxy or any type of Vitamin A product
- Laser or any other type of skin treatment
- Tanning or sun exposure on the treatment area. (Ideally sun exposure should be stopped 60 days before treatment. If your skin is tanned this will need to be evaluated individually.)
- Brow growth serums (brow procedures only)

BEGIN:

- *Drinking plenty of water daily*
- *SPF 30-50 on treatment area whenever exposed to sunlight*
- *Exfoliating treatment area regularly*
- *Moisturizing treatment area daily*

ONE WEEK BEFORE

DISCONTINUE:

- Waxing, threading, or tinting at treatment area
- Alcohol

3 DAYS BEFORE

DISCONTINUE:

- Blood thinners with physician approval
- NSAIDs and aspirin unless medically required

BEGIN:

- Begin cold sore antiviral medication if applicable — obtain prescription from physician in advance (Lip and eye area procedures only)

24 HOURS BEFORE

- Discontinue caffeine

DAY OF APPOINTMENT

ARRIVE WITH:

- Clean skin — no makeup, moisturizer, or sunscreen on treatment area
- Glasses instead of contact lenses if treating eye area

DO:

- Eat a light meal and drink plenty of water before your appointment

- Please review Ink Procedure FAQ, What to Expect and Post-Care instructions to know what to expect and plan for. Supplements and red light therapy are suggested to support healing and maximize results for some procedures but are not required. All information and product recommendations are available on the Resources page at [skinstrategy.com/resources](https://www.skinstrategy.com/resources). Please reach out with any questions.

Individual results vary. No outcomes can be guaranteed.

www.skinstrategy.com

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