

# AFTERCARE

*For Skin Camouflage*

cinnamon girl CLINIC |  
paramedical and cosmetic tattooing



## **DO NOT PICK**

DO NOT PICK OR DISTURB THE CAMOUFLAGE / PIGMENTED AREA. It is important that IF there is any protective scabs that they stay on during the healing process.

## **OINTMENT / AFTERCARE**

Use a thin layer of provided ointment 2 - 3x per day for the first 5 days. Always apply ointment before before bathing or showering.

## **THINGS TO AVOID**

No soap, shampoo, cleansers, or cosmetics on the pigmentation site for the first 5 days. No sauna's, steam rooms and baths, hot yoga, or anything that causes excessive sweating for at least 5 days. No swimming in chlorinated pools for 2 weeks. No direct sun or sun tanning beds for 6 weeks.

## **PIGMENT + HEALING**

25% - 40% of the pigment will fade off during the first 5 - 10 days of healing. Area may appear to be healed, but it will not fully heal for 4 to 5 weeks.  
\* DO NOT throw out your aftercare as you will need it for the touch up\*

## **TEGADERM BANDAGES**

If you have a Tegaderm bandage on the area you can safely leave this bandage on for up to a week. No water activities wearing Tegaderm bandages.

## **CICAPLAST / SILICONE**

When using silicone a deep massage of the product is the most beneficial. Start the massaging of this product after the 5-7 day mark. Use in the morning and night until product is empty.

## **SWELLING**

Excessive swelling - Although rare, excessive swelling or allergic reaction may occur. If excessive swelling occurs, you should consult your doctor. If any allergic reaction causes difficulty breathing and/or swelling, call 911 or go to the Emergency room immediately.

## **SPF**

Once healed, use SPF products on the treated area(s), it will prevent color from fading.

## **SPA TREATMENTS**

Be careful when having peels, microdermabrasion, laser, or using anti aging creams on camouflage as these may contribute to fading.

# ADDITIONAL CARE

*For Cosmetic Procedures*

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## **EYEBROW MICROBLADING**

Expect to feel some tightness in the treatment area. You may have a “heavy brow” feeling or a slight headache. Your eyebrows will look darkest for the first few days, then scab or peel, realizing their actual color once fully healed within 3-4 weeks. Always keep your brow area clean with a moderate amount of aftercare ointment. Avoid getting foundation/other makeup on your brows as it makes them look dull. If you have brow hair use a comb or brow gel to keep hair up and in place.

## **EYELINER TATTOO**

Eyelids may be puffy, similar to what you have after a good cry. Do not curl your lashes or apply mascara for at least 1 week. Your tattoo will look darkest for the first few days, then scab or peel, realizing their actual color once fully healed within 3-4 weeks. Always keep your eye area clean and apply a moderate amount of aftercare ointment. Avoid getting foundation/concealer or other makeup on your eyelids as it will dull the tattoo.

## **LIP BLUSH TATTOO**

After the procedure lips will tend to be chapped, dry, swollen and have a burning/dry sensation for a few days. For the first 2-3 days drink only through straws. No kissing. Avoid toothpaste on the lips for the first week after the procedure. Your tattoo will look darkest for the first few days, then scab or peel, realizing their actual color once fully healed within 3-4 weeks. Always keep your lip area clean and apply a moderate amount of aftercare ointment. Avoid getting lipstick or other makeup on your lips as it will dull the tattoo.

## **3D NIPPLE TATTOO (gauze + dressing)**

You will need gauze and your healing ointment at home in order to change the dressing every 6-8 hours for the first few days. It is best to use a non-adherent type of gauze dressing and a generous amount of ointment on the tattoo. For the first day, the tattoo will bleed or ooze a mixture of ink and blood. The color of the tattoo will appear to be quite dark. Do not panic, this is completely normal. You will need to care for the tattoo for several days. During this period, the ink and blood will scab off, and the true color of the tattoo will be revealed. It is important not to let the tattoo get dry. The tattoo will mature over the course of several weeks. If you find the color is too light, you can always have more pigment added.

## **3D NIPPLE TATTOO (Tegaderm bandage)**

If you have a Tegaderm bandage on, please leave it on for 7 days. Avoid water other than the shower. Your tattoo will be fully healed once you remove the bandage.

## **TOUCH-UPS**

A touch-up may be required after the first procedure. One additional touch-up will be performed at no charge within 3 months of the initial procedure. The cost of each additional appointment shall be assessed on a case-by-case basis. There will be no free additional appointments if the original service was a touch-up, camouflage, correction.