

PMU PREP GUIDE

Lip Blush + Faux Freckles

Elevated Beauty. Intentional Artistry.

Please read this guide before your appointment. Proper preparation helps ensure the treatment area is healthy, calm, hydrated and ready for a cosmetic tattoo procedure.

A Little Prep Goes a Long Way

PMU is a skin procedure, so your preparation matters. Healthy, well-hydrated skin can make the appointment more comfortable and supports a smoother healing process.

BEFORE YOUR PMU APPOINTMENT

- Arrive feeling well. If you are sick, have an active infection, fever, outbreak or irritation in the treatment area, contact us before attending.
- Keep the treatment area healthy and intact. We cannot tattoo over sunburn, open wounds, active dermatitis/eczema, significant irritation or other compromised skin.
- Hydrate well in the days leading up to your appointment and drink water regularly the day of your service.
- Eat a proper meal before your appointment. Avoid arriving hungry or dehydrated.
- Disclose relevant medications, supplements, allergies, skin conditions, previous reactions, cosmetic procedures and medical history.
- Do not stop prescribed medication on your own. If a medication may affect bleeding or healing, speak with the healthcare professional who prescribed it.
- Avoid scheduling other procedures that may leave the treatment area irritated immediately before your PMU appointment.

LIP BLUSH — PREP

4+ WEEKS BEFORE

- Avoid lip filler or other injectable treatments directly in or around the lips for at least 4 weeks before lip blush.
- If you have recently had an injectable treatment, contact us before booking.
- Avoid other significant cosmetic procedures around the lips unless an appropriate waiting period has been confirmed with your provider.

2 WEEKS BEFORE

- Avoid aggressive exfoliation, chemical peels or treatments intended to irritate the lips or immediate lip area.
- Avoid picking, biting or peeling dry skin from your lips.

1 WEEK BEFORE

- Keep your lips well moisturized with a simple, non-irritating lip balm.
- Protect your lips from excessive sun exposure.
- Do not arrive with chapped, cracked, peeling or sunburned lips. Contact us if your lips are significantly dry or damaged.

24–48 HOURS BEFORE

- Avoid alcohol for at least 24 hours before your appointment.
- Avoid unnecessary products or substances that may increase bleeding unless medically necessary.
- Continue to hydrate well and avoid excessive sun exposure.

COLD SORE / HERPES SIMPLEX — PLEASE READ

If you have EVER had a cold sore, fever blister or oral herpes outbreak, you must tell us before your appointment — even if it was years ago. Lip trauma can trigger an outbreak. Your healthcare provider may recommend preventative antiviral medication; Elio Beauty Co. does not prescribe antiviral medication.

FAUX FRECKLES — PREP

- Avoid tanning and excessive sun exposure immediately before your appointment.
- Avoid exfoliating acids, scrubs and other irritating products over the treatment area before your service.
- Do not arrive with sunburned, peeling, irritated or compromised skin.
- Avoid waxing, threading or other hair-removal services directly over the intended treatment area immediately before PMU.

SAFETY NOTE

Your safety always comes first. If a contraindication is present or the treatment area is not suitable for safe PMU, Elio Beauty Co. reserves the right to modify, postpone or decline the service.

QUICK CHECKLIST

- Well hydrated + have eaten
- Treatment area is healthy and intact
- Relevant medications, allergies and medical history disclosed
- Lip blush clients have disclosed any cold-sore history
- Lips are moisturized and not chapped or sunburned
- No recent irritating treatments over the area