

COSMETIC TATTOOING

Preparation Information



It is important to follow the preparation and aftercare steps to ensure better pigment retention and safe healing of the skin post-procedure. Proper care will help you achieve your best possible treatment results.

Before treatment

- Stay very well hydrated by drinking plenty of water from at least 48 hours before and after treatment.
- Avoid caffeine drinks, alcohol and smoking from at least 48 hours before and after treatment. These can cause excessive bleeding and lymph fluid during procedure, which may affect pigment retention results and poor healing. It also increases sensitivity and cause discomfort.
- Avoid any intense workout for 24 hours before your appointment and for up to a week afterwards.
- If you are having a lip treatment, begin to exfoliate your lips every evening with a sugar scrub for at least 5 nights before treatment. (You can make this at home using sugar, coconut oil and honey). Keep applying Vaseline/lip balm everyday on the lips throughout the daytime and evening so they don't dry out.
- For lip treatments, it is recommended that you use anti-herpes medication to help prevent a possible cold sore outbreak. This can be obtained from your doctor or over the counter at a pharmacy.

If you have any questions concerning the treatment, please feel free to contact SKB Clinic on 0203 668 9966.