

**FINOLAS AESTHETIC CLINIC AT  
MEDI SPA & BEAUTY CLINIC**  
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[www.finolasmedispaandbeautyclinic.com](http://www.finolasmedispaandbeautyclinic.com)  
[www.finolasaestheticclinic.com](http://www.finolasaestheticclinic.com)

**OPENING HOURS**

Monday	11:00 - 20:00
Tuesday	11:00 - 20:00
Wednesday	09:30 - 20:00
Thursday	09:30 - 20:00
Friday	09:30 - 20:00
Saturday	09:00 - 18:00

Sundays by appointment only



**Pre Procedure &  
Aftercare Advice**



[www.finolasaestheticclinic.com](http://www.finolasaestheticclinic.com)

## PRE PROCEDURE ADVICE LIPS

Permanent cosmetic procedures normally require multiple treatment sessions. For best results, clients will be required to return for at least one retouch procedure, usually between four and six weeks after the initial procedure.

Be prepared for the colour intensity to be significantly sharper and darker immediately after the procedure. This will subside and become lighter as the tissue heals. This process can take up to ten days.

## ADVICE FOR ALL PERMANENT COSMETIC PROCEDURES

Since delicate skin or sensitive areas may be swollen or red, it is advised not to make social plans for the same day.

Do not discontinue any medication before consulting your doctor.

Do not drink alcohol the night before your treatment.

A patch test will be performed unless waived upon request

## LIPLINER / COLOUR

If you have a history of cold sores (herpes simplex), we advise you to contact your doctor to obtain the proper prescription medication to prevent such outbreaks.

Alternatively, obtain herpes medication for example Zovirax from your local chemist and use one week before and one week after your procedure. This can help minimise an outbreak.

Permanent cosmetic procedures do not cause cold sores, however if you carry the virus, it lays dormant in the body and can be aroused by the procedure.

Lip wax or bleaching treatments should not be undertaken for at least a two-week period preceding your permanent cosmetic procedure.



## AFTER CARE

Proper care following your enhancement is necessary to achieve the best results. Please review the following instructions and refer to them as necessary. If during the healing process you have any questions or concerns do not hesitate to contact us.

### You may experience the following Symptoms for 4 days

- Swelling and redness.
- Tenderness.
- Flaking and mild itchiness as the lips heal.
- Dry skin that may remain for up to 3 weeks. These symptoms are a normal part of the healing process.

## FOR THE FIRST 2 DAYS

- Ice packs protected with fabric may be applied as necessary to reduce any swelling.

## DAILY CARE TO FOLLOW FOR 7 DAYS

- Apply a healing balm regularly using a cotton bud. Wash your hands before applying the product and prevent cross-contamination of the product by not replacing the used bud into the container.
- We recommend that you use a gentle facial cleanser to freshen your skin during the first week. Do not splash wash your face. Do however clean your enhancement twice daily with damp cotton pads.
- Apply a layer of Vaseline to your enhancement when brushing your teeth to prevent it from becoming wet. Remove the Vaseline with damp cotton pads.
- If your enhancement gets wet, gently pat the area dry using a clean tissue.

Some itching is normal. **DO NOT PICK, PEEL OR RUB** your enhancement as the colour may heal unevenly and you could risk infection, which in turn could lead to scarring. Allow the colour to flake away by itself.

- No make-up should be applied close to your enhancement for 3 days.
- Avoid eating spicy and salty foods and drink through a straw for 3 days.
- No kissing for 5 days to prevent infection.
- Do not receive skincare beauty treatments for 5 days after the application of your enhancement.





## AVOID FOR 2 WEEKS

- Do not expose your enhancement to direct sun, tanning treatments, Jacuzzis, saunas, salt water, chlorinated pools and direct shower spray. Do not receive bleaching, waxing, electrolysis or laser hair removal treatments close to your enhancement.

## IMPORTANT NOTES

- If you suffer with cold sores at present or anytime in the past use an anti herpes medication for example Zovirax, 5 times daily for a period of 1 week. If an outbreak does occur it will generally begin on day 3 of the healing process.
- Remember, your selected colour will be stronger and more sharply defined for 4 – 5 days and will then shed away appearing as if little or no colour is present. Over the next 2 weeks the colour will blossom into a considerably softer version of the original colour.
- The approximate healing period is 14 days, however healing can be prolonged if your immune system is compromised, if you are generally stressed and by poor diet.
- Keep in mind that in many cases, some unevenness of colour is to be expected. This is the purpose of the control visit allowing us to fine tune your enhancement. This is included in the initial cost, however if you do not attend your scheduled control appointment you will be charged for any further treatment. Cancellation notice is always 48 hours.

## LONG TERM CARE

- Use a good sunscreen. Sun exposure will fade your permanent cosmetics.
- If you are planning a chemical peel, laser treatment or an MRI scan, please inform the technician of your permanent cosmetics.
- Please inform the National Blood Service if you donate blood, as you may not be eligible to give blood for a year post application.

# PERMANENT EYEBROWS

## PRE PROCEDURE ADVICE FOR EYEBROWS

Permanent cosmetic procedures normally require multiple treatment sessions.

For best results, clients will be required to return for at least one retouch procedure, usually between four and six weeks after the initial procedure.

Be prepared for the colour intensity to be significantly sharper and darker immediately after the procedure.

This will subside and become lighter as the tissue heals. This process can take up to ten days.

## ADVICE FOR ALL PERMANENT COSMETIC PROCEDURES

Since delicate skin or sensitive areas may be swollen or red, it is advised not to make social plans for the same day.

Do not discontinue any medication before consulting your doctor.

Do not drink alcohol the night before your treatment.

A patch test will be performed unless waived upon request.

## EYEBROW PROCEDURES

Any waxing should be performed at least 48 hours before the procedure.

Electrolysis no less than five days before the procedure.

Eyebrow tinting should not be undertaken for two weeks prior to the procedure.



### AFTER CARE FOR EYEBROW ENHANCEMENT

Proper care following your enhancement is necessary to achieve the best results. Please review the following instructions and refer to them as necessary. If during the healing process you have any questions or concerns do not hesitate to contact us.

#### You may experience the following symptoms for 4 days

- Minor swelling and redness.
- Mild tenderness.
- Itchiness in the eyebrow area.
- Dry flaking skin.
- These symptoms are a normal part of the healing process.

### DAILY CARE TO FOLLOW FOR 7 DAYS

For the next 4 hours keep wiping your eyebrows, they will still produce lymph and blood, it is best to keep wiping this to prevent crusting.

Apply a very thin layer healing balm a minimum of 2 times a day, using a cotton bud. Wash your hands before applying the product and prevent cross-contamination of the product by using a clean cotton bud for each eyebrow. In most cases vas aline, healing balm is not needed, dry healing is best.

We recommend that you use a gentle facial cleanser to freshen your skin during the first week. Do not splash wash your face. Do however clean your enhancement twice daily with damp cotton pads.

Apply a thicker layer of Vaseline to your enhancement when washing your hair to prevent it from becoming wet. Remove the Vaseline with damp cotton pads.

If your enhancement gets wet, gently pat the area dry using a clean tissue.

Keep your hair away from your enhancement to prevent the possibility of infection.

Some itching is normal. DO NOT PICK, PEEL OR RUB your enhancement as the colour may heal unevenly and you could risk infection, which in turn could lead to scarring. Allow the colour to flake away by itself.

Do not receive skincare beauty treatments for 5 days after the application of your enhancement.

No make-up should be applied close to your enhancement for 3 days.



### AVOID FOR 2 WEEKS

Do not expose your enhancement to direct sun, tanning treatments, Jacuzzis, saunas, salt water, chlorinated pools and direct shower spray.

Do not receive eyebrow tinting, waxing, electrolysis or laser hair removal treatments close to the brow region.

### IMPORTANT NOTES

Remember, your selected colour will be stronger and more sharply defined for 10 to 14 days after application but as the healing process occurs the colour will soften and lighten.

The approximate healing period is 14 days, however healing can be prolonged if your immune system is compromised, if you are generally stressed and by poor diet.

Keep in mind that in many cases, some unevenness of colour is to be expected. This is the purpose of the re-touch visit allowing us to fine tune your enhancement.

This is included in the initial cost (unless on offer), however if you do not attend your scheduled re-touch appointment you will be charged for any further treatment. Cancellation notice is always 48 hours.

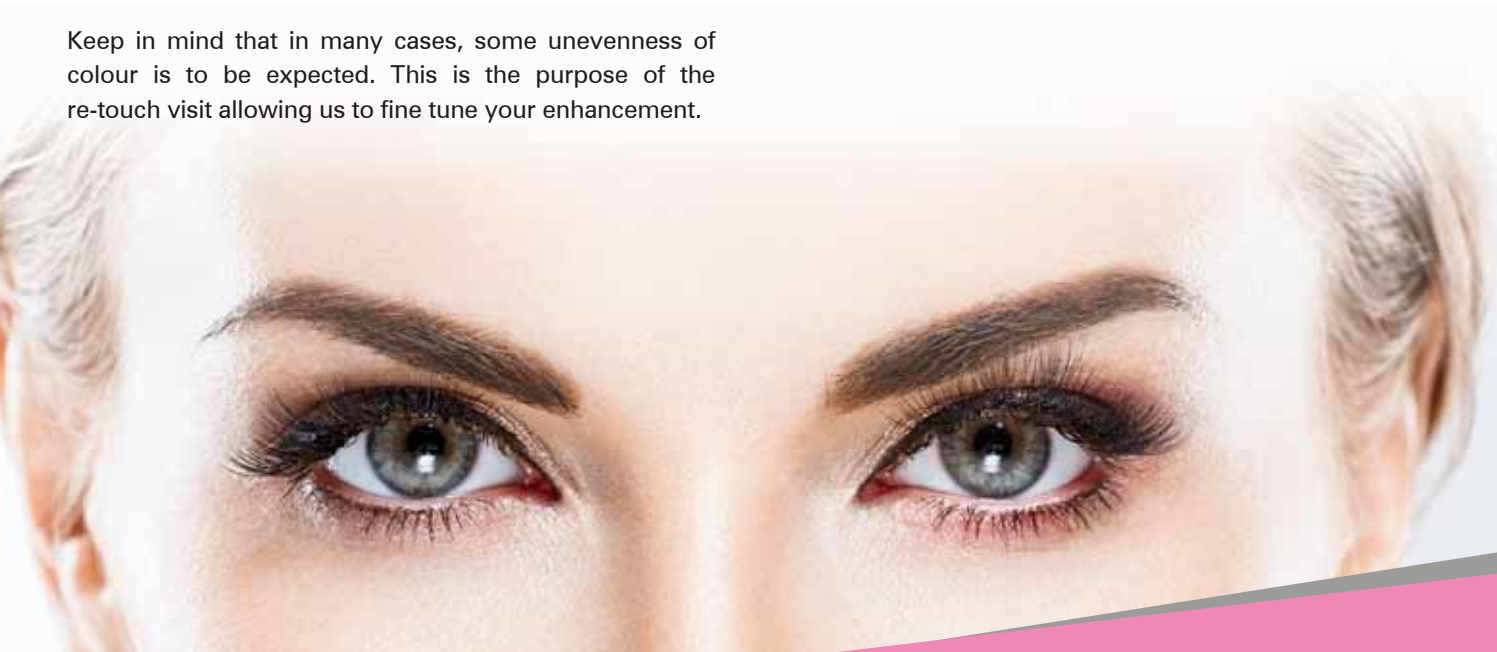
If you have had your eyebrows on an offer, there will be a charge for your touch up (no more than £50)

### LONG TERM CARE

Use a good sunscreen. Sun exposure will fade your permanent cosmetics.

If you are planning a chemical peel, laser procedure or an MRI scan, please inform the technician of your permanent cosmetics.

Please inform the National Blood Service if you donate blood, as you may not be eligible to give blood for a year post application.



# EYE ENHANCEMENT

## PRE PROCEDURE ADVICE

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## EYELINER PROCEDURES

Any eyelash tinting or eyelash perming should be carried out no sooner than 1 week before or two weeks after the procedure.

Do not wear contact lenses during or immediately following the procedure.

Remember to bring your glasses. You may resume wearing your contact lenses as soon as your eyes feel comfortable. (This is normally 24 hours after the procedure).





### AFTER CARE

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#### **You may experience the following symptoms for 4 days**

- Minor swelling and redness.
- Mild tenderness.
- Itchiness in the eyebrow area.
- Dry flaking skin.
- These symptoms are a normal part of the healing process.

### DAILY CARE TO FOLLOW FOR 7 DAYS

For the next 4 hours keep wiping your eyebrows, they will still produce lymph and blood, it is best to keep wiping this to prevent crusting.

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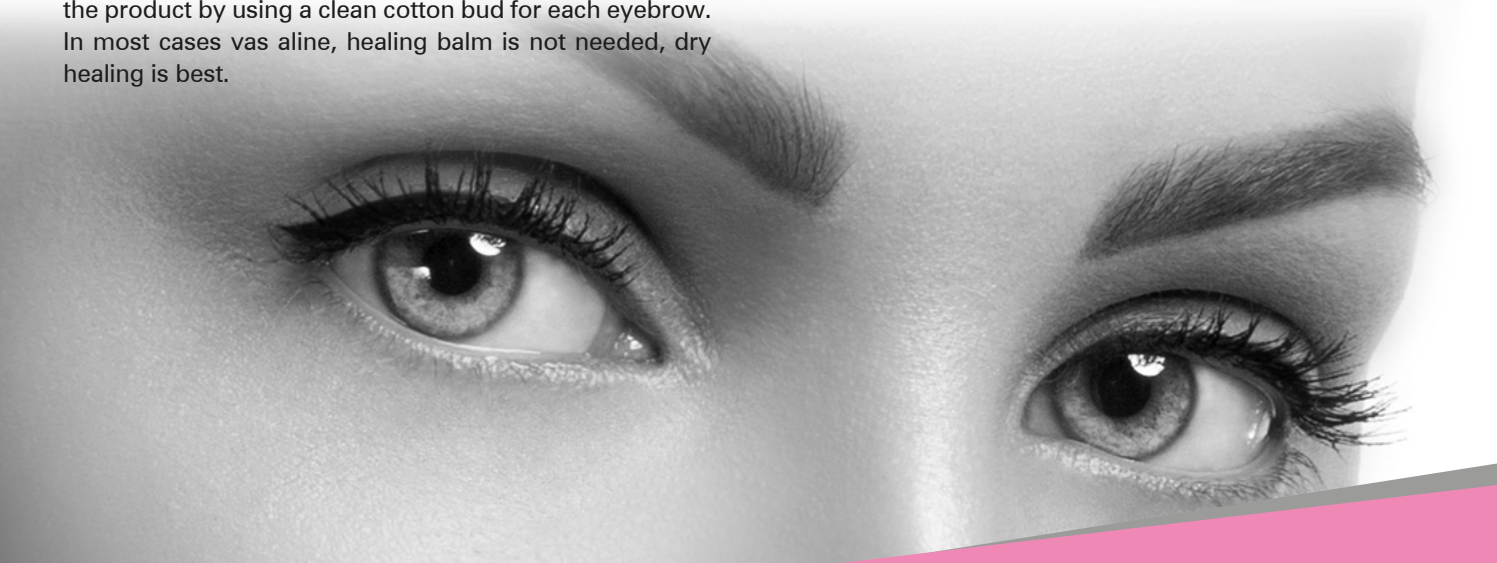
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Do not receive skincare beauty treatments for 5 days after the application of your enhancement.

No make-up should be applied close to your enhancement for 3 days.



## EYE ENHANCEMENT cont.

### AVOID FOR 2 WEEKS

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### IMPORTANT NOTES

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