

STEP 1

Tonight

1. Apply a **cold compress** or **ice pack** to your eyes for up to **15 minutes** before bed to reduce swelling.
2. Take an **anti-inflammatory**, if needed.
3. Use **lubricating eye drops** if your eyes feel dry or irritated.
4. Gently **pat away any excess moisture** from your lashes using a **clean tissue**, then dispose of the tissue after use.

STEP 2

Tomorrow

1. In the morning, apply a **cold compress** to your eyes for up to **15 minutes**.
2. Continue with **anti-inflammatories** if necessary.
3. Use **eye drops** as needed for dryness.
4. Gently pat away any excess liquid from your eyelashes with a **fresh tissue**, discarding it immediately after use.
5. **Repeat Step 1 every 2 hours** if required to manage swelling or discomfort.

PLEASE AVOID

1. **Do not forcibly exfoliate** the area: Avoid picking, scratching or rubbing crusting. If itchy, gently **pat** the area with clean hands.
2. **Do not apply any products** to the tattooed area, including: Disinfectants, Vaseline, petroleum jelly, tattoo balms, healing creams or gels etc.

Avoid for a week

1. Wearing contact lenses (opt for glasses instead)
2. Lash Lifts and eyelash growth serums
3. Activities that may induce crying or excessive eye moisture
4. Cleansers or skincare products directly on the tattoo
5. Swimming pools, saunas, the beach or any excessive moisture
6. Direct sun exposure (**wear sunglasses and a hat outdoors**)
7. Makeup on or around the tattoo
8. Exercise or activities that cause sweating
9. Sleeping on your face

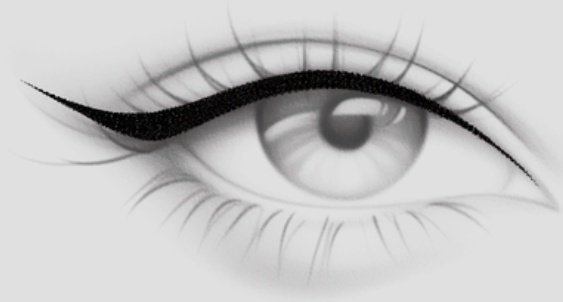
Please avoid applying eyelash extensions for at least **6 weeks after your treatment**, as touch up appointments may be required during the healing and refinement period.

HEALING PROCESS

BUREAU OF BEAUTY

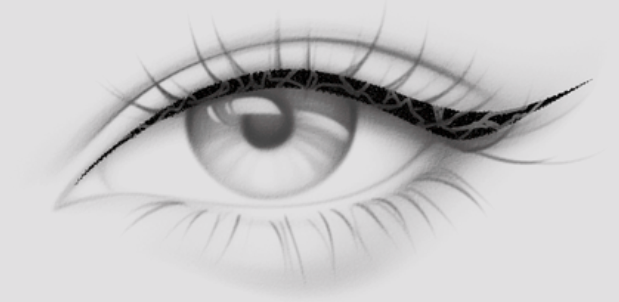
DAY 0-1

Freshly tattooed & tender



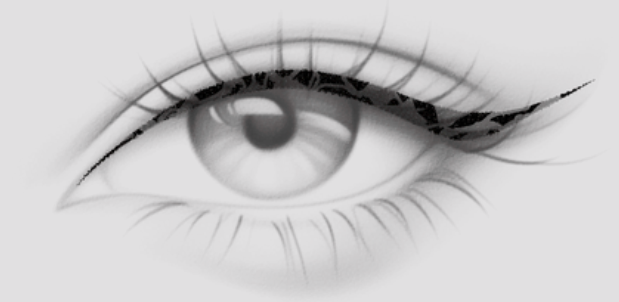
DAY 4-6

Crusting phase



DAY 7-10

Shedding phase



DAY 11-28

Pigment Resurfacing phase

