

# Aftercare Protocol for EYES

For optimal ink release and results, moist healing is necessary. Start the below process 1-2 hours following your appointment and *repeat the process several times a day* until your 48-72 hour review.



## PHASE 1: FIRST 48-72 HOURS



**STEP 1:** It is critical you wash your hands using anti-microbial soap before and after touching your wound.



**STEP 2:** Apply a thin layer of  RescueMD  CatalystMD serum to the treated area and surrounding edges, using your clean finger (**NOTE:** Apply thin layer, too much serum will cause leaking).



**STEP 3: Keep the area covered with plastic wrap as much as possible.** During downtime at home and while you sleep, apply a thin plastic wrap over the area to ensure product penetration and promote moist wound healing.



**STEP 4:** As needed, gently clean the surrounding area of the tattoo with a sterile water wipe or sterile water and a cotton bud & allow the surrounding area to dry (**NOTE:** You must NOT wipe directly over the wound or edges).



**STEP 5:** Take and send a clear picture to your technician for review after the area is clean.

## FOLLOWING YOUR 48-72 HOUR REVIEW

### PHASE 2: UP TO 2 WEEKS

Continue your aftercare as instructed in Phase 1.



**STEP 1:** Reapplying the prescribed serums (and covering with plastic film when possible) a minimum of 5-7 times per day (you may also cover prescribed serums with Osmosis Immerse, Osmosis Nourish or Pure Vitamin E oil to keep area hydrated).



**STEP 2:** You must use a plastic film as much as possible for the first 10 days to 14 days post procedure (whichever comes first). This enables maximum absorption of the serums and increases ink chelation process.

*If your wound is closed before 14 days post procedure, move onto Phase 3.*

### IMPORTANT:

If leaving uncovered and choosing to not Moist Wound Heal, a scab may form.

- DO NOT pick any scab that may have developed and allow the scab to fall away naturally.
- DO NOT allow the scab to get wet with any product/water apart from prescribed serums.
- Please understand allowing the wound to dry out increases the risk of infection and scar tissue formation and less ink will be removed, reapplication of serum several times a day will help keep area moist.**

### PHASE 3: AFTER 10-14 DAYS

Once your wound has healed over, stop covering the area with plastic. During this period, apply the CatalystMD serum a minimum of 1x per day, preferably at night and if possible, wear a thin silicone bandage over serum.

**Continue this process for up to 6 weeks or until your next treatment.**

## WHAT TO EXPECT:

### DURING TREATMENT

- While the majority of clients feel no discomfort, some may experience a bit of pain.
- Immediately following treatment, the area may be swollen, may feel stinging, tenderness and in rare cases bruising may be present.

### IN THE NEXT FEW DAYS FOLLOWING THE TREATMENT

- Some experience minor pain or discomfort the first 1-2 weeks of the healing process.
- The area may have slight swelling and redness in the immediate area or treated edges. A lot of swelling and puffiness along with bruising is expected around the whole eye area. The swelling is usually more in the morning times upon waking and slightly subdues as the day continues.
- Swelling and bruising around the eyes may continue to increase up to 5-7 days post treatment.
- Due to the Vitamin C in the **CatalystMD** serum, some clients feel a stinging or burning sensation upon each application. This is normal and usually settles within 20 minutes.
- The treated area will ooze and look different in color (colour). The fluid from the wound can appear thick/goosey or thin/watery and can have a white, yellow, or greenish tint to it. *THIS is normal, GOO is good.*
- The wound will begin shrinking from the outside edges inwards, the new skin will appear pink and sometimes shiny.

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## 1-2 YEARS FOLLOWING TREATMENT

After the removal process is complete, although uncommon, new skin can appear pink for up to 2 years. It is essential to keep the area protected from the sun, use a sunblock to minimize any risk of hypo or Hyperpigmentation from sun exposure post procedure.



### CLIENT DO'S

- Take Arnica pre and during treatment to aid in healing and pain management.
- Apply **CatalystMD** a minimum of 5-7x daily.
- Consider **RescueMD** in addition to **CatalystMD** for additional healing and prevent moisture loss.
- If needed, apply a cold compress to a surrounding area for relief. Be careful not to put pressure on the wound or allow moisture into the treated area.



### CLIENT DO NOT'S

- Do NOT apply any other topicals unapproved by your technician to the wound. No make-up, moisturizer, ointments, or any other topical products should be applied on the treatment area until the skin is completely healed or under the advisement of your technician.
- Do NOT use any eye lash serums that may contain the ingredient prostaglandin (Latisse) this may cause the treated area to turn salmon color or inhibit healing.
- Do NOT use Hydroquinone Retinol products, or Chemical Sunscreens during the healing process as they suppress immune function and cause unnecessary inflammation.
- Do NOT take anti-inflammatories or pain killers that interfere with the body's natural immune response and inflammation.
- Do NOT engage in intense physical activity which can cause perspiration, sweating or exposure to water (these must be avoided until the skin heals over).
- Do NOT pick at the area or any scab that may form, this can cause scarring, hair loss and less ink removal.
- Do NOT wipe directly over the wound when cleaning excess or dried serums, this will remove vital moisture and proteins needed to aid in healing and can cause irritation and scarring.

## NOTES ON XTRACT® AFTERCARE

- Since you will have an open wound, it is critical that you do not expose yourself to surroundings that will present or increase a risk of infection (Example: concerts, nightclubs, sporting events, etc.).
- Keep the area covered with prescribed serums at all times, until wound is closed.
- The area should only be exposed to moisture from the serums or fluid produced from the wound. It is critical that all other moisture be avoided. Intense physical activity which can cause perspiration, sweating or exposure to water must be avoided until the skin heals over.
- Remember to take pictures daily at the time of dressing change (after cleaning around the perimeter and PRIOR to your serum/s application. Send pictures to your Xtract® technician so they can monitor your progress and advise you on any required aftercare changes.
- Re-usable silicone sheets can be cleaned in between use using water wipes or anti-microbial wipes. When wet from cleaning the silicone will no longer be sticky. Allow the silicone sheet to completely air dry before reapplying. This will allow the silicone to become sticky again.
- Continue with your photographic diary as your technician will be able to best advise you on when silicone is no longer necessary.

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## EDUCATE YOURSELF. KNOWLEDGE IS POWER!

- Osmosis **CatalystMD** serum will allow the ink chelation to happen for up to 21 days and it inhibits the growth of bacteria so provides minimal risk of infection.
- Moist wound care allows the body to heal faster and continues the ink chelation process, furthering ink removal as well as focusing more energy on healing the wound with healthy tissue, as opposed to forming a scab.
- Water contains bacterial spores; any contamination of water can cause an increased risk of infection.
- Removal of any vital wound exudate, remodeling proteins and prescribed serums can cause risk of scarring and may cause less ink removal.
- New skin appears pink, as new capillaries are formed to bring critical oxygen and nutrients to the wound, this is a very delicate phase and the skin currently is more susceptible to hyperpigmentation - it is critical to protect new skin from the sun during this time, until the skin pigmentation is normalized. Chemical Sunscreens should be avoided as they cause inflammation and risk the chance for scar tissue development. For extra precaution with prolonged sun exposure, a hat and sunglasses are recommended.

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## SIGNS OF INFECTION

Although unlikely, infection is possible with any procedure that breaks the skin. Be aware of the main signs of infection:

- Fever
- Sudden increase in swelling and pain
- Redness expanding away from the wound site.
- Wound is hot to the touch.
- Foul smelling odor (odour) from exudate.



If you are concerned you may be experiencing an infection, contact your technician with your most up to date photographs and description of concern or contact a medical professional.

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## CONSISTENCY DELIVERS RESULTS!