



## **PMU Brows and Tattoo Pre-Care Form**

### **24-48 hours before your PMU or tattoo appointment**

- Avoid alcohol, caffeine, and blood-thinning medications (Aspirin, Advil, Ibuprofen, Niacin, Vitamin E, Fish Oil, etc.)
- Do not use Retin-A, AHA/BHA acids, or exfoliants near the area.
- Refrain from tanning or sunburn before your session.
- Avoid facials, chemical peels, or Botox within 2 weeks of your appointment.

### **The day of your appointment:**

- Arrive with clean skin — no makeup, lotion, or brow tint on the area.
- Eat a good meal before coming to keep your blood sugar stable.
- Bring photo ID and arrive on time.
- Dress comfortably — some appointments can take 2–3 hours.
- If you're feeling unwell, please reschedule.

### **Important notes:**

- You must be 18 years or older (photo ID required).
- No guests, children, or pets in the treatment area.
- You cannot be pregnant or breastfeeding.
- Avoid taking any recreational drugs before your appointment.
- Please disclose any medical conditions, allergies, or recent procedures on your waiver form.