



JK PMU Studio

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Permanent Makeup (PMU) Precare Instructions

Permanent Makeup (PMU) is a pigmentation process under the skin area between epidermis and dermis layer on the following areas using PMU devices such as microblading needles or PMU machine for shading.

- Eyebrows: Microblading, Nano Brows, Combo Brows (aka Microshading), and Powder Brows
- Eyeliners: Top and/or Bottom Eyeliners
- Lips: Lip Blushing or Two-Tone Contoured Lips*

To have the optimal conditions for PMU services, precare instructions are important to follow. Otherwise the end results may not reflect the best pigmentation, shape/color retention from its originally intended results.

Things to avoid **24 HOURS PRIOR** to PMU appointment

- **Coffee or any caffeine containing drinks**
- Alcohol
- Aspirin
- Ibuprofen
- Aleve
- Energy drinks
- Marijuana products (medical and/or recreational)

Things to avoid **7 DAYS PRIOR** to PMU appointment

- Vitamin E
- Fish oil
- Retin A topical
- Tanning bed or severe sunlight exposure

All of the products mentioned above may cause unnecessarily excessive bleeding leading to extended service time. In some cases, the treatment may need to be prematurely stopped.

* Clients with any Lips PMU services must keep their lips moist and smooth without any cracks. Best recommendation is to apply lip gloss or Vaseline for 7 days before coming to their appointment.