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HOW TO TAKE CARE OF PMU



Cleaning your permanent make-up is an absolute must! I explain why this is so important, how to take care of this and why you shouldn't skip washing.

Cleaning helps your permanent makeup heal faster.

As beautiful as you look, don't forget it's a wound, too. Just like a normal wound, you have to protect it from bacteria and dirt from the outside. You can easily do this by washing the treated area twice a day. Especially the first days you should give bacteria absolutely no chance to ruin your beautiful eyebrows or eyeliners due to an infection.

That's not the only reason you need to clean it properly. During cleaning, you also wash away some excess ink, maybe a little blood and wound fluid. If you let this dry up, you're going to get fat ugly crusts. That's why cleaning your permanent make-up is so important.

All permanent make-up treatments result in a scab, but if you take good care of the treated area and wash in the morning and evening, the crusting will be minimal. It then looks like grains of sand or small skins.

Can you clean your new permanent makeup right when you get home?

In general, after two to four hours you may wash your just-put permanent make-up. But beware! Microblading has different rules. Washing immediately applies only to treatments put through a machine.

Didn't you wash away the pigment?

If the permanent make-up is made by means of a machine, the pigments cannot be washed off!!

There are two different techniques of permanent makeup:

- With the machine; permanent makeup equipment or the so-called tattoo machine.
- Manual; by means of "blades". This is also called "microblading". With the machine the pigments are brought under the skin in a different way than with microblading.

With the machine, the needle goes back and forth so quickly that the pigment shoots under the skin as it were. Small holes are made that are immediately filled with pigment. The holes are so small that the skin can quickly close again. The pigment cannot be washed off during washing!

With microblading, cuts are manually made so that the skin is open. Then pigment is rubbed with a microbrush (a kind of cotton swab without fluff). Because of the cut in the skin, it can't close so quickly. This means that the pigments can also run out when you start washing.

It is two different techniques, both of which require a different aftercare. Washing applies to the technique with the machine! For microblading, the skin should remain dry and should not be washed immediately. Because the skin is open, the ink can be washed out.

6 Steps How To Clean Just Put Permanent Makeup

1. Wash your hands first

It may sound a bit patronising, but it's really very important to wash your hands before you touch the permanent makeup. You **always** wash your permanent make-up using your hands, **not** with a washcloth or a cotton swup. The first days after putting, it is very vulnerable to infections. And they're usually caused by bacteria. Inflammation is not only painful but can also do a lot of damage. Your hands are full of bacteria and viruses. By simply washing your hands before touching the permanent make-up, you run less risk of infecting it. You get your hands really clean if you let the soap foam for at least 20 seconds. Always wash the hands with soap (e.g. Unicura) from a pump for hygiene.

2. Wetting with water

Before wetting the permanent make-up, check the temperature of the water first. Don't be surprised by the hot water. That's definitely not a nice feeling. Lukewarm water! By the way, this prevents not only the sensitivity, but also that the pores are completely open. Which can cause the pigment to 'leak'. If you clean the permanent make-up in the shower, it is also very useful to check the shower jet yourself. It is better to avoid a beam that is too hard, directly on your permanent make-up.

3. Washing with soap

Cleaning your permanent make-up is not only done with water, but also with soap. Of course not with just any soap, but with a mild soap that is suitable for the extra sensitive skin. (e.g. Unicura hand soap)

Let the soap foam well in your hands and then wash your treated area with circular motions. That first time cleaning your permanent makeup is really incredibly important. You really need to wash off all the excess pigment, blood plasma and wound fluid there properly to prevent thick crusts.

4. Rinse well

It may sound very logical, but rinse until all the soap is gone. When the soap is gone, the rinse is sufficient, so do not rinse any more. If you rinse too long, the crust softens and the pigment is washed out of the skin.

5. Drying

After washing, you can dry the permanent make-up with a clean towel, tissue or kitchen roll, something that doesn't fluff. Be very careful with drying, it is actually more drying. Don't be alarmed if you still see pigment on your canvas, or pillowcase, for the first few days. That's excess ink, you don't have to worry about that.

6. Smear

If your permanent make-up is completely dry, you can take care of it with a thin layer of B-pathene ointments or vaseline. Apply it with a cotton swab. It really only needs a thin layer to heal properly. Wait until your skin is completely dry. Otherwise, the ointment or vaseline does not go in properly. Don't put in on too thick, you won't help the healing of your permanent make-up. This suffocates the skin and it can't get enough oxygen to the wound.

FAQ On Cleaning Permanent Makeup

How often do you have to clean your permanent makeup?

In general, this will be at least twice a day. Of course, it also depends a bit on what your daily hobbies or activities are. If you come into contact with filth, you will have to clean up to prevent infections. Then we recommend washing your permanent make-up more often a day and treating it with an ointment again.

How long do you keep washing the permanent makeup?

You basically keep cleaning until it's healed. When all the crusts and skins are gone and your skin feels smooth. But beware! When you're a week away and your permanent make-up doesn't really feel like a wound anymore, you still tend to clean it less often. Stay alert, even in the final stage you can damage the permanent makeup.

But you don't just clean your permanent makeup to prevent infections, also to remove any excess cream or ointment. It sometimes happens that there are pimples around the pigmented area. Often these pimples are caused by too many layers of cream or ointment. Then your skin becomes clogged and it can't breathe.

So, applying an ointment over and over again is counterproductive.

Why do I have to use soap when cleaning the permanent makeup? If your permanent make-up is smeared with vaseline, you should wash with soap otherwise the vaseline does not dissolve and you do not get the skin clean properly. So just rinsing off with some water doesn't make sense.

Summary cleaning permanent makeup

- Cleaning helps protect your permanent makeup from bacteria.
- The very first cleaning is extremely important.
- Wash all the excess ink, blood plasma and wound fluid off well.
- Never forget to wash your hands before you clean.
- Use an Unicura soap.
- Wash your permanent makeup at least twice a day.
- Keep cleaning until the top layer of skin is healed.
- Cleaning also prevents your permanent makeup from being clogged by different layers of ointment.

FAQ On Smearing Permanent Makeup

How long do you have to put the permanent makeup in?

It is very important that you take very good care of the permanent make-up from day one. That gives you a nice result. The most important rule when greasing, is that you should definitely **NOT** let the permanent make-up dry out. If you apply it about two to three times a day, for example in the morning, afternoon and evening, then there is no chance of dehydration. If the permanent make-up dries out, there is a chance that the skin will start to pull, and pigment will be pulled from the lower layer. Spread with the recommended cream or ointment for at least 7 days, or as long as there are still crusts on it.

What about smearing when you have scabs?

When the crusting begins, you should be a little more careful with smearing. Especially with thicker crusts. Your permanent makeup will feel very dry at this stage. Usually on the third or fourth day this crusting begins. This may give you a tendency to smear it all the time. Don't! This way you run the risk of suffocating the wound and the thicker crusts sucking up with cream. That's not good for healing. Just keep lubricating like you're used to and keep your back. So keep your fingers off your permanent make-up. When you start picking at this stage, you pull the pigments from the deeper layer and open/bare holes fall into your permanent make-up. **DON'T!**

What should I do if skin starts flaking?

When your permanent makeup is flaking, you keep smearing it. It feels really nice! You not only remove the excess skins, but it also helps against the itching. Be very careful when greasing, especially if you use a thicker ointment or cream. You can quickly pull on a piece of skin that is not yet loose enough, which damages your permanent make-up. Just like when you smear your crusts, it's important now that you don't exaggerate. Your skin feels really dry, but you soon run the risk of smearing too much cream on it. As a result, you're stifling permanent makeup. As a result, it can no longer get oxygen and heals less quickly.

What are you allowed to apply on your newly put permanent makeup?

Don't just put something on your permanent makeup. It's an open wound that you want to heal as soon as possible. It is wise that you choose a product, which contains ingredients that support the healing process of the skin. For example, Bepanthen baby ointments, which contains Panthenol and is an active active substance. That means it heals your permanent makeup faster and more beautifully. The other choice is Vaseline, there's nothing in it, apply it thin! If you close your permanent makeup too much, you slow down the healing process.

In any case, it is important that you immediately stop lubricating if you notice that you are getting serious irritations from a particular product. In that case, wash the cream or ointment off immediately and let your permanent make-up completely “cool down”.

How long do you have to put the permanent makeup in?

You will continue to smear your permanent make-up with an aftercare cream until it is 'cured'. By cure we mean that the upper skin layer is healed. All the crusts and skins will be gone. When all the crusts and skins are gone, the upper layer of skin is healed. Exactly how long that takes varies from person to person. Assume about 7 days. You can check for yourself if the skin feels completely smooth. That there are no more blemishes to be felt at all. Only then stop lubricating with the aftercare cream. If you feel that the top layer has healed, you can still smear the permanent make-up with your own nourishing cream.

Smear summary of your permanent makeup

- Grease two to three times a day.
- Don't spread too thick.
- Don't let it dry out.
- Do not lubricate until the permanent make-up feels dry.
- Wash your permanent makeup in the morning and evening.
- Do not lubricate extra when crusting or skins.
- Spread with Bepanthen or Vaseline.
- Keep taking care until your permanent makeup is healed.

Other Questions About Permanent Makeup

Why can't you swim with your just-put permanent makeup?

Your beautiful new permanent make-up is an open wound, which you need to protect against bacteria. So, you have to do everything you can to keep it clean.

Swimming pool

Chlorine or any other detergent in the water, does not mean that it is actually clean. There are still enough bacteria in there that can infect permanent makeup. Chlorine is the big enemy in the pool, as long as your permanent makeup hasn't healed yet. That's why it's best not to swim for 7 days.

Sea

The sea is full of pathogenic bacteria and viruses. The salt in the sea can't compete with that. Salt can have the same annoying effect on your new permanent make-up as chlorine.

Puddle or river

As tempting and clear as the water looks, it's also not safe to dive into a clear puddle or river with your just-put permanent make-up.

Sauna

The sauna, jacuzzi or hot tub, you should really avoid during the first week of the healing period. It's not just the water. Due to the heat in the sauna, the crusts deviate and there is a chance that they will fall off too quickly and take the pigments from the lower skin layer. This cures the permanent make-up very spotty and that would be a shame!

I go on holiday and still want permanent makeup. Is that possible?

Try to undergo treatment at least a week before departure. If the crusts are off, you can apply the permanent make-up during your holiday with a sunscreen factor (50>) to protect the sun. Make sure you use a good quality sunscreen, moisturising, waterproof and sensitive skin. If you also wear sunglasses, this protects extra from the influence of the sun.

Can I put sunscreen on my permanent makeup when it's healed?

Yes, you can. You have to see it this way: the sun is the biggest enemy of your permanent makeup. The longer you expose it to sunlight, the more you increase the chance of discoloration and blurring of your color.

Over the years, the sun can make your permanent make-up fade considerably. Always use sunscreen on your permanent make-up with a high factor 50>in full sun.

After how much time can you go in the sun with your permanent makeup?

You can go into the sun as soon as the top layer of skin is completely healed. That's when all the skins and crusts are gone and your skin feels completely smooth. When exactly that is, varies from person to person. Maybe that's after 5 days, sometimes only after 8 days. It's just the upper layer of skin that's healed. Before all the skin layers are healed, you are at least 6 weeks further.

Can you go under the tanning bed with just-put permanent makeup?

No, absolutely not. New permanent makeup and tanning beds do not go together. The same applies with the real sun's rays. Therefore, you can only go under the tanning bed when the upper layer of the skin has healed. So when all the skins and crusts are gone and your skin feels completely smooth. After about 1 week. I recommend covering the permanent make-up with a cotton pad or glasses for the first 6 weeks.

When can you go back to sports?

If your permanent make-up has just been put on, I advise you not to go to exercise the same day. The thrust of heat towards your face can open it again. Of course, that depends entirely on the intensity of your workout and what kind of sport you do. After putting on your permanent make-up, you should at least give it a day to let the skin close.

Can I use makeup?

Do not wear make-up and/or mascara over permanent make-up for at least the first 7 days. There are many bacteria in makeup, which increases the risk of infection. In addition, you should also smear it with a greasy cream and therefore there can be no makeup at the site of the permanent makeup.

So, no make-up on the permanent make-up, but around it you may apply some makeup. Be careful that no makeup gets in the open wound when cleaning.

Aftercare instruction that you can give to the customer

Aftercare instruction for permanent makeup

During the making of permanent make-up, a scrape is created. It is therefore important to take good care of the permanent make-up. It takes about six weeks until the treated skin is healed, so be patient.

General health and physical fitness play a role in this. During the healing process, the treated skin may start to itch. It is very important that you do not remove any scabs from the permanent make-up, so do not pick them!

Aftercare for the next 7 days:

- Wash the permanent make-up twice a day (morning & evening) with a mild unscented soap (e.g. Unicura hand soap) ***with clean hands***;
- Rinse the soap residue with clean lukewarm water;
- Pat the permanent makeup dry after washing with a clean towel;
- Grease the permanent make-up with a thin layer of Bepanthen or Vaseline that you have received from the person who treated you or use whatever she recommends to you.
- Make sure you touch the permanent make-up as little as possible (always wash your hands before taking care of the skin);
- Make sure you don't cover the treated skin with patches or bandages;
- Do not wear make-up and/or mascara over the permanent make-up for at least the first 7 days;
- Avoid contact with (bubble) baths, swimming pools, saunas and steam rooms;
- Make sure you don't expose the permanent makeup to sunlight or the tanning bed. The treated skin remains very sensitive to sunlight even after healing. Therefore, always apply your permanent make-up with sunburn factor 50+.

Please note: contact your gp for extreme redness, swelling, bleeding, inflammation, wound fluid or chronic pain.

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