**Babe Ink, LLC**

**1908 S Harvard Ave**

**Tulsa OK 74112**

Babe Ink is located Inside the **Institute for Beauty, Wellness & Regenerative Medicine.**

**Directions**

Please turn west onto 19th and Harvard then turn left into the parking lot behind the brown single level building. Our back doors are not numbered, they are labeled "not an entry". The front doors have the numbers above them.

If you arrive early and you do not see Becca's pink car in the parking lot, wait in your car and text 918-899-2450 before walking around to the front door to enter. When you arrive to the front door you must RING THE BELL for entry. Because Harvard is a busy street it is difficult to hear us on the speaker at certain times of the day. Please pull the door handle when you hear the door click or someone speaking. We have an entry system that will not notify us you are at the door until the bell is pressed. If you have a hard time finding the suite number, please look for the decorative window film with Dr. Nicole's logo. There is a planter next to our front entrance, The door also has the practice logo on it. We do not have a large sign for Babe Ink, this is to limit the disruption of people showing up without appointments or requesting walk ins. My sign is located on the marquee sign between Pierponts Kitchen & Bath and the portion of the building where we are located.

We ask that you come to the door as close to your appointment time as possible, early arrivals of more than 10 minutes can disrupt the appointment before you if Becca is working alone that day.

**Important**

Below are your Permanent Makeup Consent Forms to complete prior to your appointment with Babe Ink. This includes everything that should be disclosed when getting any form of Permanent Makeup, Microblading or Traditional Tattoos. You will be given adequate time to ask questions at your appointment prior to beginning your procedure. You will also be given your aftercare products and instructions on a card that we will go over in person. The long version of pre and post care will arrive attached your reminder emails. Please click the link below and fill out your forms. We look forward to seeing you!

New Permanent Makeup and Botched Ink Clients: <https://pmusign.com/u/u2zwt>

Returning Permanent Makeup Clients: <https://pmusign.com/u/pw4lz>

All Botched Ink Clients: <https://pmusign.com/u/3qhrl>

The directions, policy, pre & post care instructions are located below your reminder. All rescheduling done through the Change/Cancel button at the bottom of your appointment reminders.

All scheduling is through the site listed below or with the link at the bottom of your appointment reminders:

<https://babeink.as.me/>

Please Read Pre and Post Care instructions located at the below for your appointment type.

**All Appointments: Please obtain a doctor’s release before your appointment if you have a heart condition, diabetes, lupus or are currently undergoing chemotherapy.**

**Cancellation, Rescheduling, and No Shows**

You have 72 hours to cancel or reschedule.

Visit Babe-ink.com for full policy.

All new appointments require a $100 Booking fee. This booking fee is non-refundable. It is only able to be transferred if it is outside the 72 hour window. if it is inside the window, you will forfeit the previous booking fee and be required to pay a new booking fee at time of rescheduling.

Color Boost Appointments and 8-10 week touch up require a card on file. If you cancel or reschedule within the 72 hour window of your Color Boost Appointment your card will be charge a $50 cancellation fee.

For touchups, you will forfeit discounted touchup rates and pay early touchup/3rd session pricing.

A client with repetitive rescheduling or cancellations may be refused future services.

All no shows can and will be charged an additional $150 no show fee to their card on file in addition to losing the deposit placed, regardless of the appointment type. This will be automatically charged to your card 20 minutes after your appointment start time. Please be advised that if you no show an appointment more than once you will have to pay for the missed appointment in full before rescheduling. If you have a history of no shows and cancellations, you may be refused future services all together.

**Pre-Care Instructions**

* Please obtain a doctor’s release before scheduling if you have a heart condition, diabetes, lupus or are currently undergoing chemotherapy.
* If you have taken Accutane in the past 12 months you are not a current candidate.
* Avoid prolonged sun exposure on the treatment area 14 days before your appointment. If you have new sun exposure before or after your appointment you may heal with an undesirable result.
* Do not wax, thread, or tweeze within 3 days of your appointment.
* Do not use products containing acids 7 days before your appointment.
* Do not drink alcohol 24 hours or caffeine 8 hours before your appointment. If you choose to drink alcohol within 24 hours of your appointment, your results may be affected by your choice. Alcohol thins the blood which causes excess bleeding that will wash the pigment out of the skin
* Avoid exercise before your appointment. Avoid any type of cardio exercise the day of your appointment this could increase bleeding or scabbing.
* Please avoid blood-thinning medications 72 hours prior to your appointment, these medications include Vitamin E, Aspirin, Advil, Niacin, and fish oil supplements. If you are directed by your doctor to take one of these medications do not stop taking it without consulting with your doctor first. If you have taken these medications, please text me prior to your appointment. Some may have a shorter window. You must wait at least one year before you may have permanent makeup after Accutane. If you are currently under a doctor’s care or have any major medical conditions, you may not be a candidate for permanent makeup.
* You must be 18 years of age,
* You may not receive permanent makeup if you are pregnant or nursing.
* Please email (becca@babe-ink) or text Becca (918-899-2450) a picture of your License or State ID.

**Lip Pre-Care**

If you have a history of cold sores, please contact your doctor and ask for a prescription for Valtrex. You can also text us your name, birthday, and preferred pharmacy’s phone number so our overseeing physician can call in a prescription for you.

If you have not had one you may take L-Lysine 2 weeks prior and 2 weeks after your appointment, this is a natural remedy to prevent cold sores, it is available in the vitamin aisle.

Even with precautions, it is still possible to develop a cold sore after your appointment. Keep lips hydrated 3 days before your appointment. The night before your appointment please gently scrub the lips with warm water and a washcloth or sugar scrub to remove dry skin. Please note many lip balm brands are not good for your lips and dehydrate them. Use a more natural lip balm with oils in it. Aquaphor is also acceptable.

**Eyeliner Pre-Care**

VERY IMPORTANT TO FOLLOW: You may not have eyelash extensions on for your appointment, they must be removed prior to your appointment. Please discontinue use of Latisse 12 weeks before your appointment and all other eyelash serums discontinue 8 weeks prior. Eyelash serum before your appointment will cause excess swelling, discomfort, little retention, and undesirable results. Contacts must be removed before eyeliner procedures.

Please visit Babe-ink.com for full aftercare list. This document can be found under the forms tab or the aftercare tab. You will also be given an aftercare card at your appointment along with your aftercare products.

**Eyebrow Aftercare**

Wiping with wet cotton rounds and washing is essential to prevent thick scabs! Thick scabs = poor retention!

Day of Procedure- Cleanse the skin every 30-60 minutes for the first 6 hours using wipes provided by Becca or clean bottled water and cotton rounds.

After 6 hours have passed, wash your eyebrows using your fingertips with soap and water. Pat dry with a clean paper towel. Do not apply ointment until your eyebrows feel tight or dry. This is typically the next day.

Day 1-10 or (until scabs/flakes are gone and eyebrows are healed, some may take longer then 10 days): Wash gently 1 time per day using hands and cleanser provided approximately 10 seconds. (If you lose the cleanser, Dial Gold from a drugstore will work) Apply ointment VERY THIN 2 times daily as long as the skin is still scabbed/flakey, and even after. The ointment helps the skin to regenerate faster and better.

* Avoid water (for the PMU area) no sweating, saunas, lakes, pools, oceans, or tanning. You may shower and wash your hair. Do not stand with your brows directly in the shower stream.
* Please wear a hat if you are outdoors.
* Do not pick or peel any scabs this can cause scarring and remove pigment.
* Do not brush your eyebrows.
* Do not use any ointments other than those provided.
* One month following the procedure do not use anything containing acids around the eyebrows.
* DO NOT go in the sun or tan for a minimum of 3 weeks after your appointment.
* Peeling typically takes place days 5-9, if you peel sooner than this wash only one time per day at night. Premature peeling will also result in poor retention.
* Do NOT over apply ointment a thick layer will suffocate the skin, delay healing and can cause chunks or patches to peel off. Under applying can also cause cracking and peeling prematurely. If you feel you are over or under applying, please text Becca.
* Everyone’s skin has its own healing process and duration.
* Touch up will be scheduled 8-12 weeks after your appointment to ensure the skin is fully healed.
* Please be advised brows are a two-session process. Occasionally someone will require a third session to obtain the results they desire. Days 6-15 are usually the lightest and could be slightly pink until the color blooms around day 30 some longer. Do not panic, everyone heals differently and we adjust accordingly at your touch up.

**Eyeliner Aftercare**

Day of the Procedure- do not touch the eyes. You may ice the eyes by applying ice over a clean cloth.

• You may wash before bed with a gentle soap or cleanser. After washing allow to dry do not apply ointment until they feel tight and dry.

• Your eyes may be swollen the day after the procedure. This is a normal reaction; some clients swell more than others. Swelling should start going down and your eyes should be looking better by the end of the second day.

• If the skin feels dry you may apply a thin layer ointment only to the crease or lid. Wash your hands before applying any ointment. Do not apply too much as it can cause adverse reactions such as swelling. You may do this as needed throughout your healing to keep eyeliner from becoming too dry and flaking off.

During Days 1-7+

* Wash PM and allow to dry 10 minutes before applying Ointment. Apply ointment 1-2x per day.
* Avoid water (for the PMU area) no sweating, saunas, lakes, pools, oceans or tanning. Do not stand with your brows directly in the shower stream.
* Please wear a hat and sunglasses if you are outdoors.
* Do not pick or peel any scabs or flakes this can cause scarring and remove pigment.
* Do not use any ointments other than those listed above.
* Do not use eyelash serums for a minimum of 8-12 weeks after the procedure.
* When you begin wearing mascara, start with a new tube.
* Touch up is scheduled 8-10 weeks after your appointment to ensure the skin is fully healed.

**Lip Aftercare**

* Keep applying Aquaphor or ointment as needed, meaning as soon as the lips start to feel dry. Lips can bruise after the procedure. If bruising occurs, it usually goes away within 24 hours. The lips may still be swollen, please do not ice them. Always keep lips moist, do not let them become dry.
* Wash your lips 1-2 times daily very gently.
* Apply ointment if the skin is still scabbed and after. The ointment helps the skin to regenerate faster and better.
* Avoid water (for the PMU area)- no sweating, saunas, lakes, pools, oceans or tanning. Please wear a hat if you are outdoors.
* Avoid sun exposure to lips for 30 days. After these 30 days continue to use an spf 30-50 lip balm when outdoors.
* Do not pick or peel any scabs this can cause scarring and remove pigment.
* Do not use any ointments other than those listed above.
* Avoid salty foods or soups during healing.
* One month following the procedure do not use anything containing acids around the lips.
* Be cautious when brushing teeth not to get toothpaste on the lips.
* Lips can appear healed in a few days for some however they are not, please be mindful of this.
* Everyone’s skin has its own healing process and duration. Lips will peel anywhere from day 2-7 then you will notice clear skin peeling. This will stop then the color will look light. Sometimes lips take 6 weeks for the color to fully return.
* Touch up will be scheduled 8-10 weeks after your appointment to ensure the skin is fully healed. If you develop a cold sore touch up will be 10 weeks after.

COLD SORES: will most likely pop-up days 3-5 for individuals with hsv-1. You MUST pretreat and follow your doctor’s orders. You may text us your full name, date of birth and pharmacy phone number for my Tulsa overseeing physician.

If you have never had a cold sore L-Lysine is a natural remedy to prevent them if taken 1-2 weeks pre and post procedure. It is possible for someone who has never had an outbreak to still have the virus.

The trauma caused will trigger the response of cold sores for these individuals.

**Areola Aftercare Areola Aftercare**

* Expect some redness and tenderness for 48-72 hours
* Do not remove the film applied by Becca for 1 week. If the film lifts, remove the film and wash the area with antibacterial soap. Pat dry then allow to dry 10 minutes before replacing the film with a new one.
* For 2 weeks avoid:
* Tanning, pools, lakes, baths, hot tubs, harsh soaps, aloe products, lotions, picking, touching, and sweating.
* Use ointment or grapeseed oil for 1 week after the film is removed..
* The final color cannot be judged until 4-6 weeks. Some will require a second session. Areas with scar tissue may puff during treatment but will go down.

**All Procedures**

If infection or reaction occurs seek medical attention and contact Becca.

After all appointments, please note the final result cannot be judged until a minimum of 4 weeks. Even though most people appear to be healed on day 10, the pigment is covered by new skin and will not fully show up until the thick layer of new skin is not covering the pigment. This process usually takes 4+ weeks. Do not panic, they are not gone it is just part of the healing process. It is normal to have some patchiness after your first appointment which is why the touch up appointment is necessary. All skin heals different and following proper aftercare is needed.

Results are not guaranteed. Some people will need more than two sessions to get the results they desire. \*These additional sessions are not included and will be charged the regular touch up price.

After healing it is necessary to maintain your results with a daily sunscreen. Fading will depend on your skin type, lifestyle, sun exposure, acids used, peels, etc.

If you have extremely oily or sun damaged, skin microblading or hair strokes will not work well for you. It will heal with a diffused softer look it can also heal ashy. Please feel free to contact me at ant point during your healing process if questions arise.

Most people will return for annual touch ups after 1-3 years. After 36 months, it is considered a new procedure.

All services are nonrefundable.

If you had previous permanent makeup in the area I am treating, please be advised that you will not have the same results as someone who did not have previous permanent makeup. These pigments that have been previously applied by someone else can be hard to correct as we do not know what brand/type were used and there is usually some trauma to the skin.

Your results will be based on the canvas I have to work on.

By scheduling this appointment, you are agreeing that you have received this email and that you understand all the pre and post care instructions. You are also agreeing that you have read and agree to the policy and all other information listed above.

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Becca Fuller, CMM

Babe Ink

918-899-2450