

Mandie Ferrich

MAKEUP | PERMANENT MAKEUP

FAQ

What is microblading/cosmetic tattooing?

Cosmetic tattooing is the process of implanting pigment into the upper layer of the dermis. The pigments used are absorbed by the body over time, but are different from traditional tattoo inks because they do not spread or bleed over time. The machine method is the only kind that can be done over an existing tattoo. Machine method permanent makeup can also offer very fine hairlike strokes when using the fine number 1 needle. Microblading uses a small hand tool with a fine needle grouping to etch tiny hairstrokes into the brow. This is the most beautiful and realistic brow application. This approach can offer a realistic precise hairstroke look to the brow, but may not last as long as the traditional technique. For any permanent makeup, a yearly color boost is recommended.

Does it hurt?

While everyone has a different comfort level, even with topical anesthetic some clients may still experience slight pain. It is about as painful as having your eyebrows waxed or threaded. If you are menstruating, your sensitivity may increase.

How do I prepare for my appointment?

To ensure you have a great experience with your permanent makeup procedure, please follow these steps. Quit using retinol or other chemical exfoliants at least a week before the procedure. On the day of the procedure, you may take an allergy medication to reduce inflammation. You may also take a valium or Xanax for an eyeliner procedure, to minimize flinching and sensitivity. Please refrain from drinking caffeine or alcohol for 24 hours before your appointment, as well as any blood thinning medications or supplements (this includes fish oil capsules). Sun exposure should be limited for 30 days before your appointment because of skin shedding, which will cause loss of pigment if the skin is tattooed too soon after a tan or a sunburn. Your deposit will be forfeited and your appointment will be rescheduled if your skin is compromised due to sun damage. If you have an appointment during the summer months, you will need to be diligent in preparing yourself by staying out of the sun for a month before your appointment, and you will

not be able to sweat heavily for a week to 10 days after. If you have a shape in mind, please bring in photos or fill your brows in to your desired shape, and we can determine the best shape once we measure your brows and assess your facial bone structure.

What is the aftercare?

Immediately after your appointment, wash the area very gently with either plain water or a very gentle antibacterial soap to remove any buildup of lymph fluid that may have dried onto your skin. Once washed, you will need to care for them by using the bacitracin packets included in your aftercare kit for the first 48 hours to keep them moist. In the first week, they may seem darker and they will start to flake off. Do not peel the flaking skin. After they are healed in about a week, you might notice they are a little lighter than you want, which may mellow out by the time your touchup appointment is scheduled. Please allow 14 days between your appointment and any scheduled vacations to maintain the pigment. After your touchup appointment, you will only need to make sure you keep sunscreen on the area, and minimize harsh exfoliation treatments to keep them looking great for as long as possible. Natural fading will occur, and depending on your metabolism and lifestyle, a yearly color boost should be performed after your complimentary touchup procedure.

How long does it take?

The appointment takes 90 minutes to a couple hours. The first 30 minutes we go over all the consultation paperwork, take pictures, choose the method of tattooing, discuss shape and color, and apply topical anesthetic. You will receive a copy of all paperwork upon receipt of the invoice, which you can go over to prepare for your appointment. You do not need to print and fill this out at home, it is only for your reference. Once the topical anesthetic has taken effect, we will create the outlined shape as a stencil on your skin and start the procedure. You will be numbed during the procedure as well, ensuring a comfortable experience.

How long will it last?

The initial appointment includes a touchup between 6-8 weeks, when the true color and shape will take effect. At the first touchup, we will see how your skin has responded to the pigment, and make any color adjustments then. The brows will continue to soften and lighten, and you may find that a touchup every year or two will keep your brows looking fresh. I will not do touchups within 6 months to avoid trauma to the skin.

I had brows done somewhere else, can you fix them?

I no longer take clients with existing brow tattoo. I will tattoo clients with existing eyeliner.

I have no brows. Will it still look natural?

The great thing about microblading and traditional permanent makeup techniques, is that you can create a very realistic brow, with either all fine hairstrokes or hairstrokes blended with a soft shaded look.

Who isn't a good candidate for microblading or cosmetic tattooing?

Most people will be able to have a great experience with cosmetic tattooing, but there are some contraindications. Pregnant or nursing women may not get cosmetic tattooing. Clients with compromised immune systems may not be a good client for cosmetic tattooing. Clients who are on blood thinning medication cannot take it for 72 hours before their appointment time, as bleeding will cause loss of pigment. Clients who smoke may not retain pigment or heal well. Clients with very thick or oily skin may not retain pigment as long due to the oil rinsing the color from the skin. The result of cosmetic tattooing on oily clients is a softened look over time, whereas dryer skin can better retain the crispness of the hairstroke. Clients who have had Botox within the last month may have to sign a waiver before receiving permanent cosmetics. Clients who have used accutane within the last year may not receive permanent cosmetics. Clients who are actively receiving chemotherapy or radiation treatment for cancer or other reasons may not get permanent cosmetics. Clients who have had an organ transplant or have a pacemaker or major heart problems. Clients who are epileptic, diabetic, have an active viral infection on the area, have a skin disorder active in the area such as eczema or psoriasis, or are prone to keloid scars. It is advised to not schedule your appointment within two weeks of returning or leaving for vacation or a major event, and to not have a sunburn or very dark tan before your appointment. I no longer take clients with existing permanent makeup, this INCLUDES microblading.

If you have any questions regarding this information, please text my assistant Arielle at 916-230-5852. Please remember, calls and texts will not be responded to over the weekend.

Mandie Fewrich

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How to prepare for your permanent makeup appointment

Hello! Thank you so much for booking your appointment with me! I hope you are excited about your upcoming permanent makeup appointment. Since the service you are getting requires some pre and post-care, I wanted to go over a short checklist and some frequently asked questions on how to prepare this week for your appointment so you get the best results possible.

Please come with your makeup on how you normally wear it, as a photo will be taken with, without, and after the procedure. These photos may be cropped to show the eyes only, and used on my website, review sites, and other social media for advertising services.

Your appointment is about 90 minutes to 2 hours long, depending on how much time we take shaping your brows, choosing color, and how full your brow is and if you have any sensitivity or complications during the procedure. You must confirm the shape and color but please understand that shape and color will be selected based on your skin tone, bone structure, and overall features. This may mean the shape or color may differ from what you normally wear, as I try to match the brow hair color and texture as closely as possible. Shape adjustments on your brows due to unevenness will try to be corrected as best as possible without compromising quality. You have hired me based on my expertise and skill, and that means if I disagree with a shape or color that you request, I may refuse your request and a refund for your appointment will be made. You must trust that I know what will look best based on your features, and slight changes can be made to that, but I won't allow my work to be below standard. My aesthetic is natural, so if you are looking for very bold, or pencil thin eyebrows, you may need to find a different technician. Please remember that color will fade about 20% within a month following your procedure. Complications during the procedure are fairly rare, but depending on some factors you may have more bleeding, lymph fluid production, or sensitivity. Following the pre and post-care instructions will ensure a better experience during your appointment and better healing afterward. **Failure to follow instructions may adversely affect your results.**

Your brows may look quite a bit lighter after your initial healing a week from your appointment. This is because the surface is healed but the underneath layers are not yet fully healed for another month. This may cause the brow to look slightly ashy or opaque. When the skin fully heals underneath it becomes translucent again and the true color will show through. A touch up appointment is included in the cost of your brow appointment. This is to perfect the color, shape, and make any slight adjustments as needed.

Please take a look at the list below and contact me if you have any questions.

- Kids under 18 are **not allowed** at the appointment. Visitors over 18 must wait in the waiting room during the procedure. Due to California law and my liability insurance, I am not covered if something were to happen. Aside from that, it is also a major distraction and can make the appointment much longer than necessary. Failure to comply will forfeit your deposit and will be rescheduled at my next available time.
- No alcohol the night before your appointment due to increased vasodilation
- No caffeine the morning of your appointment due to increased blood pressure and vasodilation
- No blood thinning medications including anti-inflammatory pain medicine within 2 days of your appointment
- No immune suppressant use within one month of the procedure. Immune suppressants increase the risk of infection, so please check with your doctor before having this procedure done.
- No Botox within the last month, due to possibility of brow unevenness.
- No recent sunburn or chemical peel within the last month, if you have sun damage or recent chemical peel, your appointment will be rescheduled and an additional deposit will be required.
- No Accutane use within the last year
- If you are menstruating you may be more sensitive during the appointment
- No waxing or threading within the last week, I will shape your brows if needed.
- No retinol or other topical acne medication for one week before your appointment
- You will not be able to sweat for 10 days because of the salt production in the skin may fade pigment or cause an infection, so please plan your workouts accordingly
- For eyeliner only: please wear glasses if you are a lens wearer. You will not be able to wear contacts for about a week after your appointment.
- For eyeliner only: if you get eyelash extensions, you will either need to have them removed or let them shed before your procedure. This is because it can be hard to work around them and I may damage your lashes during the appointment.
- For eyeliner only: if you use Latisse or another lash serum, you must come off of it for one month prior to the procedure due to increased blood flow to the lash line. Increased blood flow can cause bruising or pigment fanning. If you do not come off Latisse, your appointment will be rescheduled and an additional deposit will be required.

If you have any other questions, please text me at 916-505-0487 or email me at hello@makeupbymandie.com

Mandie Fewrich

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Permanent Cosmetics Information Sheet and Consent Form

Today's Date ____/____/____

Name _____ Date of birth ____/____/____

Address _____ City _____

State _____ Zip _____ Best number to reach you _____

Emergency Contact _____

Relationship _____ Phone number of emergency contact _____

Email address _____

Ethnic Background (Please include all nationalities): _____

Procedure(s) Desired

Shaded Brows

Hairstroke Brows with Machine

Microblade

Eyeliner

Clinical outcome of procedure(s)

1. Please note, the results of your procedure is determined in part by the nature of the pathology of skin type, but not limited to the following factors:
 - a. Medication you are currently taking
 - b. Skin characteristics: Dryness, oiliness, thickness, sun damage, color, chemically damaged, sensitivity, rosacea, etc.
 - c. Natural skin undertones mixing with pigment color
 - d. Alcohol intake, smoking, caffeine intake, sun exposure, and improper skin care
 - e. Following pre and post care instructions
 - f. In some cases, these factors can or may interfere with acceptance and overall fading of color pigment

Informed Consent to Procedure (Please initial next to each number)

1. _____ I absolutely understand and accept that such procedure is a process, often requiring a follow-up application of color to achieve desirable results and that 100% success cannot be guaranteed.
2. _____ Depending on the procedure(s), which I select, I accept responsibility for determining the color, shape, and position of eyebrows or eyeliner.
3. _____ I understand the actual color of the pigment may be modified after the procedure, due to the tone and color of my skin.
4. _____ I understand that positioning of my procedures can be affected if I elect to have cosmetic surgery, Botox, or Restalyne.
5. _____ I understand that if I have an MRI after the procedure, that I must tell the radiologist that I have iron oxide permanent cosmetics.
6. _____ If I am a lens wearer, I realize that I must keep my lenses out the day of an eyeliner procedure.
7. _____ I understand that this procedure will fade and this fading can alter the original pigment color and that this determines that it is time for a touch-up.
8. _____ I realize that this is an elective tattoo process and therefore not an exact science, but an art, and is not medically necessary.
9. _____ I understand the permanent nature of body art and that permanent makeup falls under that category.
10. _____ I understand that tattoo inks, pigments, and dyes have not been approved by the federal Food and Drug Administration and that the health consequences of using these products are unknown.
11. _____ It has been explained to me that the following possibilities may occur: minor and temporary bleeding, swelling, infection, allergic reaction, scarring, keloid formation, corneal abrasion, bruising, redness or other discoloration, inconsistent color, and or spreading/fanning of pigment.
12. _____ I give my consent to confer with my physicians for medical information required for the safety of my procedures.
13. _____ I agree to accompany my technician to the emergency room in the event they were to be accidentally stuck with my needle and take a blood test for their safety and disclose all test results to my technician.
14. _____ I am aware that if an infection occurs after I have received permanent cosmetics to see my primary physician and to call my studio.
15. _____ If I had permanent cosmetics performed previously by another technician, I will not hold Mandie Fenrich responsible for future allergic reactions or contraindications. (Mandie does not do touchups on work done previously by another technician)
16. _____ I understand that the taking of before and after photographs of the said procedures are for the purpose of documentation, which may or may not be used for educational or advertising purposes.
17. _____ I am over the age of 18 and am not under the influence of any drugs or alcohol.

I have read and understood these risks listed above and they have been explained to me. **I DID NOT JUST SIGN THIS DOCUMENT.** I certify that the information in the above questionnaire is accurate and that it has been explained to me and my questions have been answered. I accept full responsibility for any complications that may arise or result during or following the cosmetic procedures to be formed at my request.

Signature of Client _____ Date _____

Signature of Technician _____ Date _____

Medical Information

	Yes	No
Have you ever had a fever blister (cold sore), even if only once?		
Are you pregnant or nursing?		
Eyeliner only: Do you have glaucoma or other eye disease or disorder?		
Eyeliner only: Have you ever had any eye trauma?		
Eyeliner only: Have you had vision correction such as Lasik surgery in the last 3 months?		
Are you considering having vision correction procedures in the next 2 months?		
Are you prone to eye infections (i.e., conjunctivitis/pink eye)?		
Are you on blood thinning medication?		
Do you take aspirin? ____ Do you smoke? ____ Drink Alcohol? ____		
Are you on Accutane, or have you taken it within the last year?		
Do you have Mitral Valve Prolapse or valve implants?		
Prior to dental procedures, do you receive antibiotic therapy?		
Are you on steroids or anti-inflammatory medications?		
Have you had a joint replacement or organ transplant? If yes, describe:		
Are you an insulin diabetic?		
Do you have seizures or fainting spells?		
Do you bruise or bleed easily?		
Do you swell easily?		
Do you have a healing problem?		
Do you have scarring in the area to be treated?		
Do you use Retin-A, Glycolic Acid, Vitamin C or other exfoliants?		
Do you have a dermatological disorder(s) and is the disorder presently active or in a flare-up?		
Have you used a tanning bed in the last 30 days?		
Are you currently tanned in the area(s) to be treated?		
Are you on Lithium?		
Do you have hemophilia or other clotting disorders?		
Do you have an autoimmune disorder or are you on immunosuppressants?		
Have you ever had Hepatitis? Please circle: A B C		
When were you last tested?		
Do you have any pre-existing nerve damage in the area I will be working on?		
Do you have any tattoos?		
Are any of the colors in your tattoo(s) sensitive to the sun or rise up in the sun?		
Do you have a hyperactive thyroid or Grave's disease?		
Do you have Trichotillomania (Pulling of hair, eyebrows or lashes)?		
Do you have Alopecia Universalis (total) or Alopecia Areata (local)?		

Consultation Form

Please check all that apply:

Have you ever had an allergic reaction to any of the following:

- Topical anti biotic ointments (i.e., Neosporin, Bacitracin, etc.) _____ Medications _____
Novocain, Lidocaine, Epinephrine _____ Cosmetics _____ Adhesive _____
Seasonal (trees, pollen, hay fever) _____ Latex rubber _____ Metals, other _____
- When at the dentist, do you anesthetize easily? _____ Or does it take several injections? _____
- Do you dye your eyebrows? _____ Eyelashes? _____
- Have you had Botox injections? _____ When? _____
- Do you spend a lot of time in the sun? _____ In chlorinated pool? _____
- Have you had any facial cosmetic surgery? _____ When? _____
Are you happy with the results? _____
- Are you planning facial cosmetic surgery in the near future? _____ When? _____
- Have you ever had facial laser treatments? _____
What type of lasers and why? _____

If you are presently under a physician's care for any condition, please describe:

Physician's Name: _____

Address: _____

Phone: _____

I hereby certify that, to the best of my knowledge, all statements contained hereon are true.

Client Signature: _____ Date: _____

Technician Signature: _____ Date: _____

Procedure Notes (Office use only)

Client's Name: _____ Date: _____

Procedure: _____ Fees: _____

Time In: _____ Time Out: _____

Photo Taken: w/makeup _____ w/o makeup _____ after _____

Pigment(s):		
Batch #(s):		
Needles & Lot #'s:		
Machine used:	Nouveau Contour Intelligent	Microblade manual tool

Anesthetics Pre-Treatment: _____

Anesthetics During procedure: _____

Sensitivity level: Low Medium High Complications: No Yes

Progress Notes (SOAP)

Technician's Signature: _____ Date: _____

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GENERAL AFTERCARE INSTRUCTIONS UPDATED 2/28/18

- Do not touch the healing pigmented area with your fingers. They may have bacteria on them and create an infection. Always use a clean cotton swab or q-tip.
- You may gently clean the area on the first night before bed, use a q tip or cotton ball with a little warm water and gentle cleanser to clean the surface. Pat dry, reapply bacitracin, and go to sleep.
- The color may look darker and thicker for the first couple of days after the procedure, before the skin starts to flake. You WILL see color in the flaking, as that is the epidermis shedding. The color that remains is in the dermis (live layer of skin).
- Apply Bacitracin for the first 48 hours and switch to Aquaphor for the remaining 5-7 days of the healing process. If a slight crust appears on pigmented surface DO NOT force removal by picking or scratching because you will remove the pigment.
- The procedure may have some peeling on or around the 3rd day. This is a normal part of healing on some clients.
- Do not apply makeup over healing areas. No tinting of lashes or brows. Avoid sun, saunas, and swimming (including chlorinated pools and hot tubs, the ocean or recreational bodies of water), contact with animals or gardening for 7-10 days following procedure. No heavy sweating for at least 10 days.
- Before bathing, gently apply a light coating of Aquaphor on the procedure area using a clean cotton swab or q-tip until completely healed.
- Do not rub or traumatize the procedure area while it is healing (pigment might be removed along with the crusting tissue).
- Use a broad spectrum sun block after area has healed to slow fading.
- Do not use products containing AHAs on or near pigmented area including glycolic or lactic acids or Retin-A products (they will fade the color). No facials or waxing for at least 4 weeks.
- Avoid products containing aloe vera or vitamin E during the healing time.
- Try to sleep on a satin pillow case during the healing time.
- Do not donate blood within one year following the procedure, per the Red Cross.
- A follow-up appointment will be scheduled between 6 and 8 weeks after the initial procedure. New procedures are a two step process and final results are sometimes not determined until the follow up visit is completed. Do not judge your procedure while it is in the healing process as it may require a follow up. The underneath layers of the skin (dermis) take 4-6 weeks to completely heal, so your color may look light or ashy until your skin turns translucent again once healed.
- If you experience excessive itching or swelling or any blistering or other complications post-procedure, stop using the aftercare product and call your technician immediately. You may be allergic to the aftercare product.
- If you have excessive redness, swelling, or tenderness or any red streaks going from the procedure area to the heart, elevated temperature or excessive draining, contact your physician and your technician as the area may be infected.
- Please text me at 916-505-0487 if you have any questions about your healing that are NOT listed above.

Failure to follow these instructions may result in pigment loss. We suggest a yearly color refresher to maintain your procedure's color integrity.