



DR MONICA SCHEEL
DERMATOLOGY
Expert and Personalized Skin Care



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Kailua Kona: (808) 329-1146

Waimea: (808) 885-3376

DrMonicaScheel.com

Lash Lift & Tint

Patient Pre-Care & Post-Care Instructions

PRE-CARE: Preparing for Your Appointment

To ensure the best results and the safety of your eye area, please follow these guidelines prior to your arrival:

- Remove Contact Lenses: Please wear glasses to your appointment or bring a lens case and solution. Contacts cannot be worn during the procedure.
- Arrive with a "Clean Face": Ensure your eyes and lashes are completely free of makeup, mascara, eyeliner, and heavy eye creams. Residue can prevent the lifting solution from taking.
- Lash Serums: Discontinue use of lash growth serums (e.g., Latisse) for 48 hours prior to your appointment.
- Allergy Awareness: If you have active seasonal allergies or "watery eyes," please call to reschedule. Excessive tearing can interfere with the chemical bonding process.

POST-CARE: The First 24 Hours

The 24-hour window following your treatment is essential for "locking in" the curl.

- Keep Them Dry: Do not allow water, steam, or heavy sweat to touch your lashes. Avoid long, steamy showers, saunas, and intense workouts.
- Hands Off: Do not rub, pull, or touch your lashes. The hair is still flexible during the first day, and physical pressure can alter the shape.
- No Eye Makeup: Do not apply mascara or eyeliner.
- Sleep on Your Back: Try to avoid sleeping with your face pressed into a pillow, as this can "crush" or misshape the lashes while they are setting.
- Skip the Oil: Avoid oil-based cleansers or eye creams directly on the lashes, as oil can break down the lift prematurely.

LONG-TERM MAINTENANCE

- Daily Care: After the first 24 hours, you may resume your normal skincare and makeup routine.
- Lash Serums: You may resume using lash growth serums (e.g., Latisse) 48 hours after your treatment.
- Gentle Cleansing: When removing makeup, use a gentle, oil-free cleanser.
- Schedule Your Refresh: Results typically last 6–8 weeks. We recommend scheduling your next lift once your natural lash cycle has fully replaced the treated lashes.

If you experience any unusual redness, persistent itching, or swelling, please contact our office immediately:

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