



LASH EXTENSIONS & LVL PRE AND POSTCARE ADVICE + CONTRAINDICATIONS

LVL Pre-care advice:

- A patch test for LVL (lift & tint) procedures is required 24-48 hours prior to treatment if a first-time appointment, if it has been longer than 6 months since your last treatment or if your medical circumstances have changed

Ensure you take the following precautions for 48-72 hours after your **LVL** treatment:

- If any redness or irritation occurs apply a damp cotton wool compress - if this doesn't help seek medical advice
- Don't spend too long in direct sunlight straight after your treatment, as this could weaken the perm lotion
- Avoid touching/rubbing your eyes straight after the tint application
- Refrain from getting your eyelashes wet for at least 4-6 hours after the treatment
- Do not have a hot bath/shower or use a sauna, steam room or swimming pool for 4-6 hours
- Avoid rubbing or touching the eye area as you could irritate the eyes

Before Your Lash Extension Appointment:

To ensure the best results and longevity of your eyelash extensions, it's crucial to follow some pre-care advice. This includes arriving at your appointment with a clean face, free of makeup, especially around the eyes, and avoiding oil-based products that can interfere with the adhesive. Additionally, it's recommended to avoid wearing waterproof mascara or using an eyelash curler for a couple of days before your appointment. Remove contact lenses before your appointment as they can interfere with the application process.

Allow the extension adhesive to fully cure for 24-48 hours before swimming.

Lash Extension Aftercare:

- **Brush them:** There is no such thing as ‘over brushing’ your lashes - brush at least once a day using a mascara brush
- **No mascara:** There is no need to wear mascara when you have beautiful new lash extensions - the use of mascara can damage your lash extensions
- **Keep them clean:** Using a specific lash cleanser, wash your lashes daily, ensure that all soapy residue is removed - finish by blotting with a tissue and brushing through
- **Sleeping:** Avoid lying face down on your pillow and be aware you may lose more lashes on your “sleeping side” - if this is unavoidable it may be worth investing in a sleep mask
- **Don’t pick/pull:** Resist temptation to touch/pick/pull at your lashes - this can damage your natural lashes as well as ruin your fresh set
- **Infills:** Remember to get your lash infill booked to keep your lashes looking full and fabulous
- **Avoid extreme heat:** Be careful around extreme heat as this may affect the glue bond

LVL and Lash Extension Contraindications:

- **Eye Infections/Inflammations:** Active infections or inflammations like conjunctivitis or blepharitis are contraindications
- **Recent Eye Surgery:** A waiting period is recommended after eye surgery
- **Allergies:** A history of allergic reactions to adhesives or other products used during treatment is a contraindication
- **Sensitive Skin/Eyes:** Ultra-sensitive skin or eyes may experience irritation or discomfort
- **Dry Eye Syndrome:** Dry eyes can lead to discomfort and hinder the treatment process
- **Watery Eyes:** Excessive tearing can interfere with the setting of the lift and tint solutions
- **Trichotillomania:** Like lash extensions, this condition can pose challenges with lash lifts and tints

For bookings or queries please contact our lash specialist, Laura, directly on

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<https://www.specialisthealthandbeauty.co.uk/>