



HOLLAND

PLASTIC SURGERY & AESTHETICS

## Lash Lift Care Instructions

- ❖ Immediately following a lash lift, for a minimum of 24 hours, please avoid heat, steam (including cooking over steaming stovetop), saunas, water, oils, lotions, creams, shampoos, face washes, makeup remover wipes or pads on lashes. *Only approved product to put on immediately after a lift may be applied by your Aesthetician.*
- ❖ Because your lashes are still malleable (shape-shifting), a side sleeper or face sleeper may notice that one or both eyes may raise or drop, leaving the lashes misshaped. Sleeping on your back is best.
- ❖ Avoid direct sunlight right after your treatment, as this can weaken the lift lotion and fade the tint.
- ❖ Avoid face washes and oil-based beauty products as this can also cause lashes to drop prematurely.
- ❖ We encourage you to use Latisse lash serum after 24 hours to encourage lash growth and maintain lash integrity.
- ❖ Castor oil or coconut oil may also be used 3+ weeks after your lift to condition and nourish lashes.

*Book your next eyelash lift & tint treatment again around 6-8 weeks (results will vary along with the longevity of the lift and tint depending on your individual lash cycle and aftercare). Please call 207-835-4777 with any questions or concerns. Enjoy your beautiful lashes for the next 6+ weeks!*