



Study Guide: Community Membership

The American Academy of Micropigmentation

Version 02/21/2020

Dear Prospective AAM Community Member,

To those who hold our industry dear to their hearts, who never stop learning, and who wish to give back to the community that has been so generous to them... THANK YOU! We truly appreciate that you recognize the American Academy of Micropigmentation (AAM) as a valuable resource and that you are interested in joining our community.

The growth of our specialty over the recent years is the result of the individuals who have made the commitment to pursue development. The best techniques, highest quality products, and best business practices have come from the people who have not only taken the time to create something bigger and better, but were also willing to share their work. The American Academy of Micropigmentation is committed to providing continued education, resources and support for PMU Artists. No matter whether you specialize in brows, eyes, lips or other, our business will continue to evolve and the AAM will be there to support, encourage, and teach.

Once you've officially joined the AAM Community, please feel free to enjoy membership perks, make PMU friends, and let us know how we are doing! We will continue to evolve and share our progress with our members. We love to hear your ideas, find resolution for your pain points and offer new resources that are useful to you. And when you are ready to join the Master Level membership, we'll be here for you too!

With love,

A handwritten signature in black ink that reads "Sheila Bella". The signature is written in a cursive, flowing style.

AAM President

P.S. This study guide is going to help you learn very important safety standards and you can even use it while you take the test!

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Industry Resources

It is important to review the specific state, county and local regulations for the area in which you will be working. Rules differ from place to place and may be enforced by different agencies within your area. Please report any illegal or unethical activity to the appropriate local authority.

The following organizations offer additional resources that are helpful on a national level:

American Academy of Micropigmentation Board (AAM)



www.micropigmentation.org

A non-profit organization committed to promoting educational opportunities, improving quality assurance protocols and administering Board Certification for PMU professionals.

American Medical Association (AMA)



www.ama-assn.org

A professional group that publishes research to advance public health and advocates for the interests of registered physician members. In many instances, the AMA has set the standard for ethics, scientific advancement and public health that can be applied to other professional industries, such as PMU.

Center for Disease Control and Prevention (CDC)



www.cdc.gov

A federal agency that conducts and supports health promotion, prevention and preparedness activities in the United States, with the goal of improving overall public health. A few of the ways that the CDC impacts the PMU industry is to educate the public on how to recognize and avoid contracting common infectious diseases, monitoring the outbreak of chronic diseases, and sharing guidance on how to treat and avoid spreading diseases once contracted.

Environmental Protection Agency (EPA)



www.epa.gov

An agency of the federal government whose mission is to protect human and environmental health. In this effort, one of the ways that this agency impacts PMU is by regulating chemicals in the marketplace.

Food and Drug Administration (FDA)



www.fda.gov

A federal agency of the United States Department of Health and Human Services. The FDA regulates a wide range of products, including cosmetics. Among its many duties, this organization enforces the labeling of product ingredients as well as creates policy for product safety alerts and product recalls. The FDA does not currently provide approval for pigment used for permanent makeup.

Federal Trade Commission (FTC)



www.ftc.gov

The FTC is a federal agency of the United States Department of Health and Human Services. It regulates many types of advertising. The FTC protects consumers by stopping unfair, deceptive or fraudulent practices in the marketplace. Its principle mission is the promotion of consumer protection and the elimination and prevention of anticompetitive business practices.

Occupational Safety and Health Administration (OSHA)



www.osha.gov

Part of the US Department of Labor, OSHA is responsible for protecting worker health and safety in the United States. It works to ensure safe and healthful working conditions by setting and enforcing standards as well as providing training, outreach, education and assistance.

Safety & Sanitation

Safety and Sanitation is critical both for PMU professionals and clients.

Aseptic Workstation

Aseptic means free from contamination caused by harmful bacteria, viruses, or other microorganisms. When setting up a workstation for PMU, Artists should limit the exposure of contamination. The workstation should be a non-porous work-surface that is clean, dust-free and well-maintained. The minimal amount of items needed for the procedure should be kept on your station, everything else, including your phone, should be stored elsewhere. Eating or drinking should never occur around your station.

Autoclave

An autoclave uses moist heat, in the form of saturated steam under pressure, for sterilization. When administered correctly, this method of sterilization destroys all bacteria and bacterial spores in an eco-friendly and economical manner. The minimum temperature range for effective autoclaving is 250°-270° Fahrenheit (121°-132° Celsius). Wrapped items should be autoclaved for 15-45 minutes.

Bloodborne Pathogens

Infectious microorganisms in human blood that can cause disease in humans. These pathogens include, but are not limited to, Hepatitis B (HBV), Hepatitis C (HCV), and Human Immunodeficiency Virus (HIV).

Cross Contamination

The process by which bacteria or other microorganisms are unintentionally transferred from one substance or object to another, with harmful effects. It is avoided by the thorough practice of cleaning and disinfecting your equipment and work area properly.

Personal Protective Equipment (PPE)

PPE refers to the garments, gloves, goggles, or other equipment designed to protect the wearer's body from infection or injury. In the field of PMU, proper use of PPE is essential for avoiding cross contamination, preventing the spread of disease and maintaining a clean working environment. The type of PPE needed will depend upon the procedure being performed.

Standard Precautions

A set of infection control practices used to prevent transmission of diseases that can be acquired by contact with blood, body fluids, non-intact skin (including rashes), and mucous membranes.

Sterilization

The process of making something free from bacteria or other living microorganisms. Common methods of sterilization include treatment with steam, dry heat, chemicals, or gas.

Waste

Hazardous Waste poses substantial or potential threats to public health or the environment. In the United States, the treatment, storage, and disposal of hazardous waste are regulated under the Resource Conservation and Recovery Act (RCRA).

Infectious (or regulated) Waste is material made up of or contaminated by saliva, blood, or tissue. Such waste includes contaminated sharps instruments, as well as any solid waste materials that have been soaked or covered by the contaminants. Solid waste like gauze, tissue, swabs and pigment cups must be disposed of according to Hazardous Waste protocols. Needles, blades, or other sharp objects must be placed immediately into a sharps container and disposed of according to sharps protocols.

Skin Anatomy

As a permanent makeup artist, it is crucial to have an understanding of the different layers of the skin. It is not uncommon for improperly trained technicians to complain about pigment not holding in the skin through the healing process. There are also others who may blame the device or tool they use. What was likely their problem? As novice technicians, they grazed only the epidermal layer of the skin and during the cellular renewal process, the pigment naturally exfoliated off along with the dead skin cells.

The *papillary layer of the dermis* is the desired target for pigment deposition in permanent makeup. If deposited too deep, or below, this target the pigment may look hazy, spotty, can migrate, and also look blue or silver in appearance. If deposited above the dermis, the pigment will slough off with the naturally occurring shedding of skin cells.

Contraindications

An open and honest exchange of information builds trust between the client and Artist, which leads to greater client satisfaction, even in cases with a less than satisfactory result.

Additionally, not everyone is a good candidate for permanent makeup. A contraindication is a condition or factor that serves as a reason to withhold a certain medical treatment due to the harm that it would cause the client. A healthy canvas is the basis for the best possible results, therefore it is important to become familiar with your client's medical profile.

Physical Contraindications

In the event that you are unsure that a procedure is safe to perform, it is always best to require medical clearance from a physician prior to performing the procedure. This will ensure the highest degree of safety for the client, best healed results and protect the Artist.

Potential clients with the following conditions may not be candidates for PMU and may require medical clearance:

- Pregnant or nursing
- Diabetic
- Viral infections and/or diseases
- Epilepsy
- Pacemaker or heart conditions
- Had an organ transplant
- Tendency towards keloids or scarring
- Seborrheic dermatitis
- Skin irritations or psoriasis near the treated area (rashes, sunburn, acne, etc.)
- Sick (cold, flu, etc.)
- Had Botox in the past 2 months
- Used Accutane in the past year
- Taken Doxycycline in the past 6 months
- Allergies to anesthetic (lidocaine) or epinephrine
- Extremely oily or problematic skin
- Cancer or chemotherapy
- Auto-immune diseases

Psychological Contraindications

In addition to physical contraindications, there are some psychological conditions that can also be considered as contraindications. Clients that exhibit the following behaviors might not be satisfied with the results of the procedure:

- Anxiety/Depression: characterized by disclosure on the medical consent form. These potential clients may be taking mood-altering drugs. An example of this is when a client has difficulty making decisions about the procedure.
- Body Dysmorphic Disorder (BDD): characterized by an obsessive preoccupation that some aspect of one's own appearance is severely flawed and warrants exceptional measures to hide or fix it. An example of this is when a client expresses dissatisfaction with numerous aesthetic procedures and surgeries.
- Obsessive Compulsive Disorder (OCD): characterized by unwanted and repeated thoughts, feelings, ideas, obsessions, and behaviors that drive them to do something over and over repeatedly. An example of this is a client who exhibits an extreme, neat appearance by taking great pains to put every hair in place and is also very particular in choice of clothing.
- Paranoia: characterized by systematized delusions and the projection of personal conflicts, which are ascribed to the supposed hostility of others, sometimes progressing to disturbances of consciousness and aggressive acts. An example of this is when the client is suspicious of and/or misinterprets the Artist's behavior and approach.
- Trichotillomania (Repeated Behavior Disorder): characterized by recurrent, irresistible urges to pull out hair from the scalp, eyebrows, or other areas of the body despite trying to stop. This action may cause loss of pigment and/or infection.
- If the client and the Artist have a large difference of opinion regarding the application/design of PMU, it is advisable not to perform the procedure. Both the client and the Artist have the right to decline moving forward with any procedure.

Color Theory

Undertones

Skin color can be classified as having either warm or cool undertones.

- Cool undertones lean toward pink, red, or blue
- Warm undertones lean toward peachy, yellow, or golden
- Neutral undertones will have a mixture of warm and cool

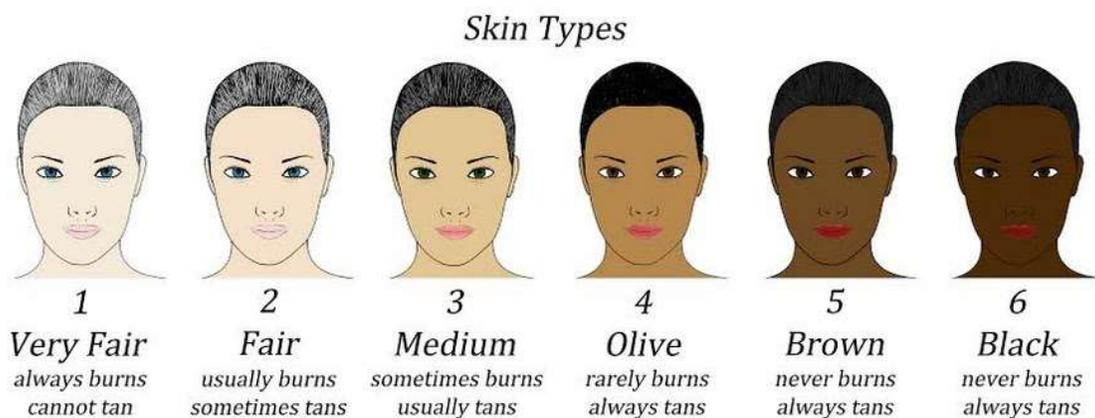
Fitzpatrick Scale for Skin Types

The Fitzpatrick scale classifies skin types.

The test results are influenced by three main components: genetic disposition, reaction to sun exposure, and tanning habits. All three of these factors are important to consider before undergoing a permanent makeup procedure such as eyebrow microblading, as they can affect the healing process and longevity of a client's cosmetic tattoos.

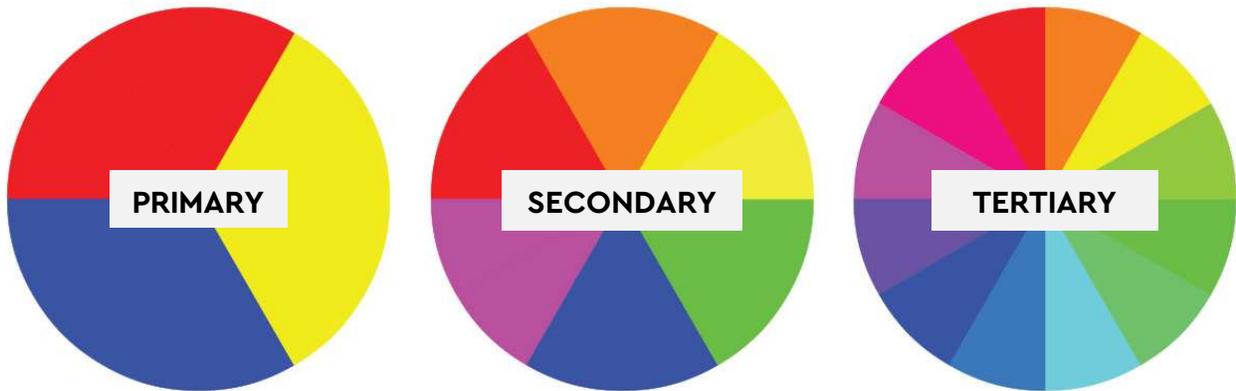
Similar to regular tattoos, the inks used for microblading and other similar procedures are more readily broken down when consistently exposed to UV rays. If a client has UV damaged skin, it can also alter the way the dermal layer holds the pigment.

Remember pigment selection has nothing to do with the client hair or brow color, it is all about skin!!!



Color Categories

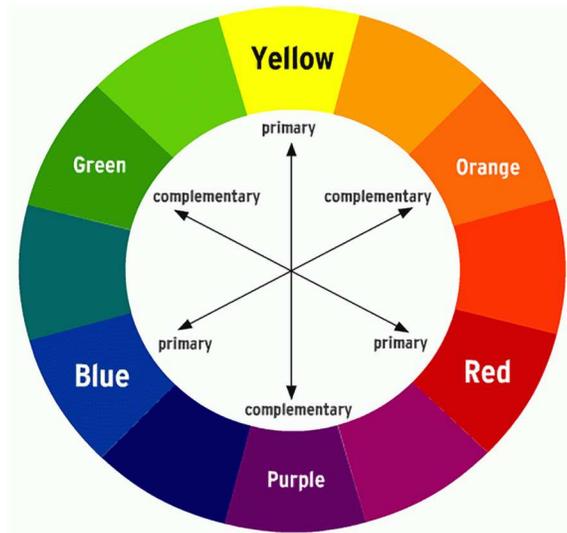
Colors can be categorized as primary, secondary and tertiary:



- Primary colors are red, yellow and blue. These are the source of all other colors, which means that they can't be mixed from other colors.
- Secondary colors are green, orange, and purple. They are made by mixing two primary colors.
- Tertiary colors are red-orange, yellow-orange, yellow-green, blue-green, blue-violet, and red-violet. They are combinations of primary and secondary colors.

Complementary Colors

Complementary colors are pairs of colors which, when combined or mixed, cancel each other out. When displayed in a "wheel" format, complementary colors are located opposite of each other.



Complementary colors are important for color correction in PMU:

- Choose pigment containing red/orange to neutralize ashy tones
- Choose pigment containing green/ash to neutralize warm tones
- Choose pigment containing gold/green to neutralize purple tones

Documentation

Informed Consent

In addition to discussing the benefits of permanent makeup, Artists should also review potential complications so that the client can make an informed decision about whether to continue with the procedure or not. Clients MUST be provided with verbal and written instructions for postprocedural care with follow up appointments and other pertinent information regarding the actual procedure. Questions regarding the micropigmentation technique are elicited from the client and encouraged, with the belief that better-informed clients will have fewer problems during and following the procedure. It is important for clients to acknowledge consent with a signature before the procedure is initiated.

Medical Consent

Client intake forms must include the client's medical history, summary of prescriptions, physician contact information and also inquire about any additional skin treatments received. This information is important for determining whether your prospective client is a candidate for the procedure. For clients with serious skin conditions, heart conditions, implants, Hepatitis, HIV, or undergoing chemotherapy, a good rule of thumb is to obtain medical clearance from their primary care physician. This documentation must be kept with the client files.

Photo Documentation

Photographs are critical for PMU documentation. Taking photos before the procedure documents the client's condition and provides a baseline for progress. Photos of the completed work not only demonstrate improvements to the client's condition, but may also prove useful as legal documentation in cases of litigation.

Photos should be taken with good lighting and a clear view of the treatment area. Before and after comparisons are most effective when the images are comparable in terms of lighting, color balance, positioning, styling, and framing. Taking pictures with a variety of angles, full-face, and close up to the treatment area will be helpful to ensure that two comparable photos will be available to use. Artists must have written permission from the client in order to use the photos for marketing or educational purposes. If the client does not provide express permission to use the photos, Artists must keep photos for the medical record only.

All photos should be organized by client and files should be backed up in a secure manner to prevent loss of records in the event of a computer crash or hard drive failure. Additionally, sufficient security should be in place to prevent threats from hackers or computer viruses.