

# New Mexico Permanent Makeup (PMU) Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. Which practice best supports a safe, controlled PMU work environment?**
  - A. Barrier protection and waste disposal**
  - B. Leave waste in open bins**
  - C. Use shared equipment without sterilization**
  - D. Work in a crowded area**
  
- 2. Which disease has a vaccine according to the material?**
  - A. Hepatitis A**
  - B. Hepatitis C**
  - C. HIV**
  - D. Malaria**
  
- 3. What is the appropriate ethical practice regarding client privacy and images used for portfolio?**
  - A. Never use client photos under any circumstance.**
  - B. Share client images publicly without consent.**
  - C. Post progress photos only after client consent.**
  - D. Obtain written consent for photo use, de-identify information, and store images securely.**
  
- 4. What is the smallest pigment molecule?**
  - A. Carbon**
  - B. Titanium dioxide**
  - C. Iron oxide**
  - D. Organic pigments**
  
- 5. Patch testing should be performed in which region?**
  - A. On the lips**
  - B. Behind the ears**
  - C. On the eyelid**
  - D. On the cheek**

- 6. Which factors can influence PMU color retention?**
- A. Sun exposure and skin type**
  - B. The client's favorite music**
  - C. The day of the week of the procedure**
  - D. The room temperature during the procedure**
- 7. Where is eyeliner tattooing restricted due to tear duct proximity?**
- A. Pink Eye**
  - B. Sty**
  - C. Dry Eye**
  - D. Conjunctivitis**
- 8. Why should PMU pigments be tested for stability in different lighting?**
- A. Some pigments change appearance under different lighting; testing helps ensure color will read correctly in various settings**
  - B. To measure the client's eye color**
  - C. To determine pigment expenses**
  - D. To check room temperature**
- 9. What is cross-contamination and how can it be prevented in a PMU studio?**
- A. Transfer of pigments between clients**
  - B. Transfer of pathogens between clients or items; prevent by using single-use items, proper sterilization, and barrier protection.**
  - C. Sharing a chair between clients**
  - D. Using the same instruments for multiple clients without cleaning**
- 10. Which factors influence pigment longevity and require client education for PMU?**
- A. Skin type, depth consistency, pigment color choice, sun exposure, and healing response.**
  - B. Only the pigment color.**
  - C. Only the client's age.**
  - D. The weather on the day of procedure.**

## Answers

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1. A
2. A
3. D
4. A
5. B
6. A
7. D
8. A
9. B
10. A

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## **Explanations**

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**1. Which practice best supports a safe, controlled PMU work environment?**

- A. Barrier protection and waste disposal**
- B. Leave waste in open bins**
- C. Use shared equipment without sterilization**
- D. Work in a crowded area**

Maintaining a safe, controlled PMU work environment centers on infection control and proper waste handling. Barrier protection creates a physical and microbial shield between you, the client, and the work surfaces, reducing the chance of cross-contamination. This includes using gloves, protective clothing, and, when needed, masks and eye protection, along with disposable surface barriers and thorough disinfection between clients. Proper waste disposal ensures contaminated materials—like used needles, cotton, and other disposables—are immediately placed into approved sharps containers or biohazard bags and removed according to regulations. Together, these practices minimize infection risk, prevent cross-contamination, and help meet health and safety standards for both clients and technicians. Why the other options don't fit: leaving waste in open bins increases exposure and attracts pests; using shared equipment without sterilization spreads infections; working in a crowded area makes it harder to maintain asepsis and control the workflow, raising safety risks.

**2. Which disease has a vaccine according to the material?**

- A. Hepatitis A**
- B. Hepatitis C**
- C. HIV**
- D. Malaria**

Vaccines train the immune system to recognize and fight off specific pathogens, preventing infection. Among these diseases, Hepatitis A has a proven, widely available vaccine that protects against the infection and is routinely used in prevention programs. Hepatitis C and HIV do not have vaccines for routine prevention, and while there is some malaria vaccine use in limited settings, the material points to Hepatitis A as the disease with a vaccine.

**3. What is the appropriate ethical practice regarding client privacy and images used for portfolio?**

- A. Never use client photos under any circumstance.**
- B. Share client images publicly without consent.**
- C. Post progress photos only after client consent.**
- D. Obtain written consent for photo use, de-identify information, and store images securely.**

Respecting client privacy is essential when using images for a portfolio. The best practice is to obtain written consent that clearly explains how the photos will be used, who will see them, and how long they will be stored. In addition, de-identify the images by cropping or blurring faces and removing names or other identifying details. Store digital files securely with restricted access, encryption if possible, and a clear retention/destruction plan. This combination protects the client's privacy and gives you a solid, ethical basis for using images in your portfolio. Using photos without consent is a privacy violation. Merely posting progress photos after consent works in principle but is incomplete if it doesn't require written consent, explicit de-identification, and secure storage. And never using client photos at all limits your portfolio unnecessarily.

**4. What is the smallest pigment molecule?**

- A. Carbon**
- B. Titanium dioxide**
- C. Iron oxide**
- D. Organic pigments**

The key idea is pigment composition and molecular size. Elemental carbon used as a pigment (carbon black) is essentially carbon in its simplest form—an element without additional atoms bonded to make a compound. That makes its pigment units the smallest in terms of atomic complexity. In contrast, titanium dioxide and iron oxide are inorganic compounds with defined formulas ( $\text{TiO}_2$  and  $\text{Fe}_2\text{O}_3$ ), which involve more atoms per unit, and organic pigments are large carbon-based molecules with even higher molecular weights. So elemental carbon stands out as the smallest pigment molecule among the options.

**5. Patch testing should be performed in which region?**

- A. On the lips**
- B. Behind the ears**
- C. On the eyelid**
- D. On the cheek**

Patch testing works best when you choose a site that is discreet, easy to access, and unlikely to be affected by daily products or movement, so the readout reflects a true allergic reaction rather than irritation or rubbing. The area behind the ear fits these needs well: it's relatively clean, flat, and protected from direct sun and most facial cosmetics, making it easier to apply patches and monitor redness, swelling, or the test reaction over 48 to 72 hours. It also keeps patches out of the treatment field and away from the lips, eyelids, or cheeks, which are more sensitive and prone to irritation or confounding reactions. This is why the behind-the-ear region is the preferred spot for patch testing in PMU practice.

## 6. Which factors can influence PMU color retention?

- A. Sun exposure and skin type**
- B. The client's favorite music**
- C. The day of the week of the procedure**
- D. The room temperature during the procedure**

Color retention in PMU hinges on how the pigment sits in the skin and how the skin heals and responds after placement. Sun exposure is a big influence because UV light can break down pigments over time and induce changes in the surrounding skin, such as inflammation or photoaging, which can cause the color to fade or shift unevenly as it heals. In addition, protection from sun exposure during the healing period helps maintain the intended shade rather than allowing accelerated fading or color changes. Skin type also plays a key role because different skin characteristics affect pigment uptake, placement depth, healing response, and long-term stability. Variations in melanin content, oiliness, and collagen structure influence how the pigment is deposited, how well the skin bonds with it, and how it fades or settles over time. This means the same pigment can look different and last longer or shorter depending on the wearer's skin type. The other factors mentioned don't directly impact pigment stability in the skin. A client's favorite music, the day of the week of the procedure, or the room temperature during the session do not alter the chemical or biological processes that govern color retention in PMU.

## 7. Where is eyeliner tattooing restricted due to tear duct proximity?

- A. Pink Eye**
- B. Sty**
- C. Dry Eye**
- D. Conjunctivitis**

Eyeliner tattooing near the inner corner of the eye is restricted because the tear duct area (medial canthus) involves the conjunctiva and tear drainage, which are easily irritated and prone to infection. When conjunctivitis, commonly called pink eye, is present, the conjunctival tissue is inflamed and more vulnerable to trauma and contamination. Performing a PMU procedure there can spread infection via tears, complicate healing, and increase the risk to both client and technician. Because of this, tattooing in that region should be postponed until the conjunctivitis is resolved and clearance is obtained.

**8. Why should PMU pigments be tested for stability in different lighting?**

- A. Some pigments change appearance under different lighting; testing helps ensure color will read correctly in various settings**
- B. To measure the client's eye color**
- C. To determine pigment expenses**
- D. To check room temperature**

Colors can look different under various light sources because the spectrum of the light changes how the pigment is perceived. This phenomenon means a pigment might read as one shade in daylight and shift in indoor tungsten or fluorescent lighting. Testing pigments for stability across lighting conditions helps ensure the final result reads consistently in real-life settings—outdoors, clinics, and typical rooms—so the color stays true to what was intended and meets client expectations. It also accounts for how healed pigment interacts with individual skin tones over time. The other options don't address how lighting changes color perception or read in practice.

**9. What is cross-contamination and how can it be prevented in a PMU studio?**

- A. Transfer of pigments between clients**
- B. Transfer of pathogens between clients or items; prevent by using single-use items, proper sterilization, and barrier protection.**
- C. Sharing a chair between clients**
- D. Using the same instruments for multiple clients without cleaning**

Cross-contamination means the unintended transfer of infectious organisms from one person, surface, or item to another. In a PMU studio, it can occur when contaminated tools, needles, surfaces, or protective barriers come into contact with the next client or with clean supplies. The best way to prevent this is to rely on three pillars: single-use items, proper sterilization of reusable tools, and barrier protections. Using disposable, one-time items eliminates the chance of carryover. For tools that aren't disposable, they must be sterilized with a validated method (like autoclaving) and checked with indicators to confirm a successful process. Barrier protections—such as disposable gloves, clean work surfaces covered with barriers, and changing gloves between clients—keep pathogens from moving between people and surfaces. Coupled with diligent hand hygiene and thorough cleaning/disinfection of the workspace between clients, these practices create a safer PMU environment and reduce infection risk.

**10. Which factors influence pigment longevity and require client education for PMU?**

- A. Skin type, depth consistency, pigment color choice, sun exposure, and healing response.**
- B. Only the pigment color.**
- C. Only the client's age.**
- D. The weather on the day of procedure.**

Pigment longevity in PMU depends on how well the pigment is placed and how the skin handles it over time. The skin type shapes how pigment settles and fades, with different tendencies in oily, dry, or combination skin. Keeping the pigment at a consistent depth during placement is crucial because depth affects retention; too shallow can fade quickly or migrate, too deep can dull the color. The color you choose also matters because different pigments fade or shift tones at different rates; some colors hold their brightness longer, while others may require additional care or touch-ups to maintain their true hue. Sun exposure accelerates fading and can alter the pigment's undertone, so educating clients about sun protection and ongoing shielding is essential. Finally, the healing response influences how much pigment remains after healing—injury, inflammation, scabbing, or scarring can change retention and appearance, so aftercare and monitoring the healing process are key parts of client education. In practice, explaining these factors helps clients understand why a retouch might be needed and how lifestyle, skin type, and aftercare affect long-term results.

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://nmpmu.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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