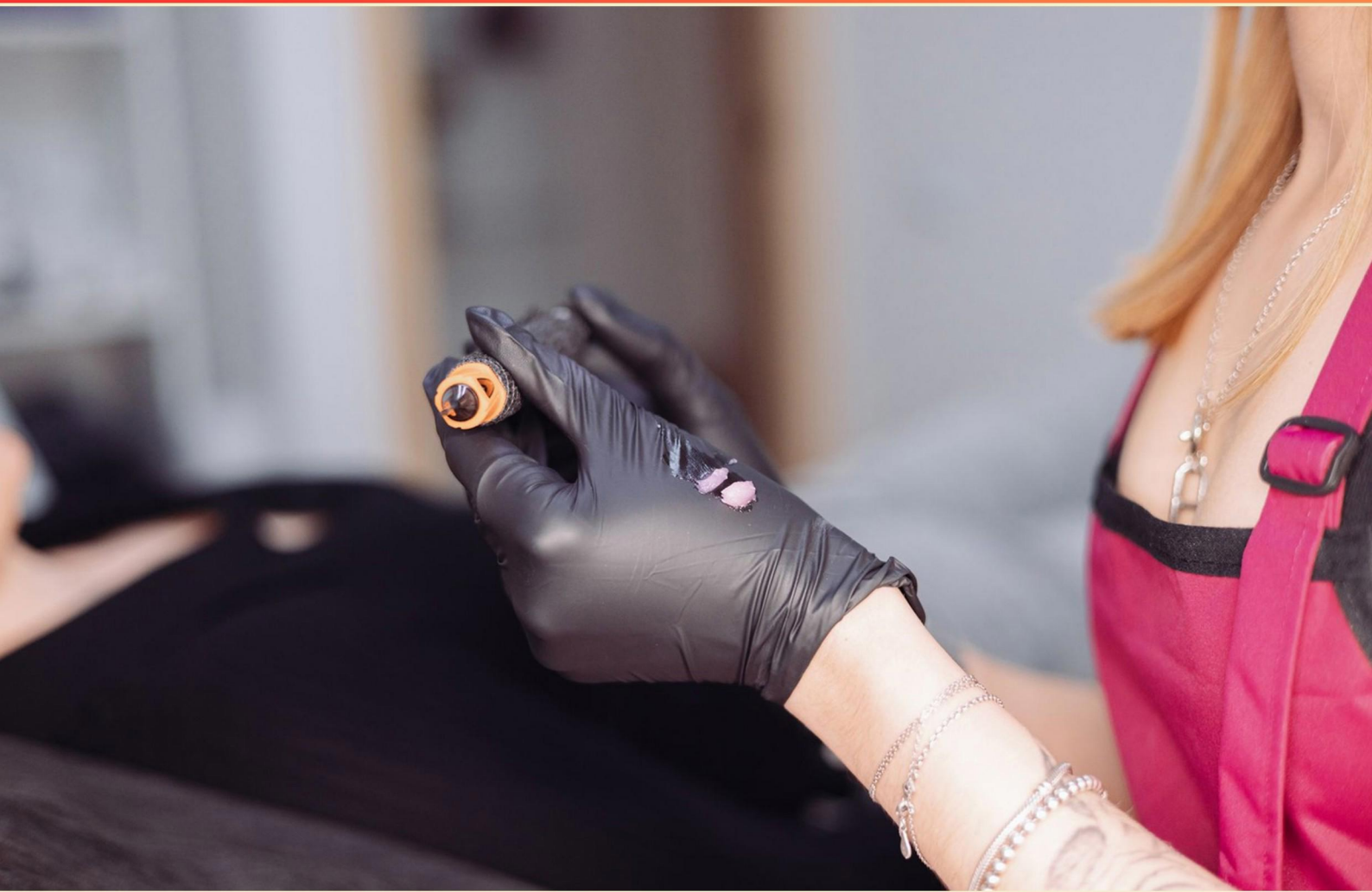


NEW MEXICO PERMANENT MAKEUP (PMU) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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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 melanin type is commonly associated with red hair?**
 - A. Eumelanin
 - B. Pheomelanin
 - C. No Melanin
 - D. Neomelanin

- 2. What term describes tiny vessels under the skin forming a pattern?**
 - A. Mottled skin
 - B. Spider angiomas
 - C. Telangiectasia
 - D. Capillary pattern

- 3. The dermis is composed of three tissue types. Which are they?**
 - A. Keratin, Melanin, Sebum
 - B. Collagen, Elastic Tissues, Reticular Fibers
 - C. Adipose Tissue, Muscle, Cartilage
 - D. Nervous tissue, Muscular tissue, Epithelial tissue

- 4. Which skin layer is most relevant to PMU depth control, and why?**
 - A. Epidermis, to prevent full-thickness injury.
 - B. Hypodermis, for stability.
 - C. Subcutaneous tissue, to avoid scarring.
 - D. Dermis, pigment should be deposited within the dermis to achieve permanence without excessive trauma to the epidermis.

- 5. How should work surfaces be prepared before a PMU procedure?**
 - A. Leaving surfaces unclean until end of day
 - B. Wiping with a dry cloth only
 - C. Use decorative mats only
 - D. Clean, disinfect, barrier cover, organized tools, and proper waste disposal; maintain a clean, controlled environment.

- 6. 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.
- 7. Dermis thickness ranges from the thinnest on the eyelids to the thickest on the back. Which pair correctly represents these values?**
- A. 0.5 mm on eyelids and 2.0 mm on the back
 - B. 1.0 mm on eyelids and 4.0 mm on the back
 - C. 3.0 mm on eyelids and 0.3 mm on the back
 - D. 0.3 mm on eyelids and 3.0 mm on the back
- 8. Which dermal layer is the target for pigment deposition during cosmetic procedures?**
- A. Reticular Dermis
 - B. Papillary Dermis
 - C. Epidermis
 - D. Hypodermis
- 9. How many horizontal sections does the face have?**
- A. 4 sections
 - B. 2 sections
 - C. 3 sections
 - D. 5 sections
- 10. MRSA can be transmitted through which of the following?**
- A. Close skin-to-skin contact with infected persons or contact with objects or surfaces contaminated by MRSA
 - B. By airborne droplets only
 - C. Only through food
 - D. Only via blood transfusion

Answers

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

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Explanations

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1. Which melanin type is commonly associated with red hair?

- A. Eumelanin
- B. Pheomelanin**
- C. No Melanin
- D. Neomelanin

Hair color is determined by two main melanin types: eumelanin and pheomelanin. Eumelanin provides the dark brown to black tones, while pheomelanin produces red to yellow tones. Red hair commonly arises when pheomelanin production is relatively high and eumelanin is lower, giving that coppery-red appearance. The other options don't fit because no melanin would yield very pale hair, and neomelanin isn't a standard pigment used to describe human hair color.

2. What term describes tiny vessels under the skin forming a pattern?

- A. Mottled skin**
- B. Spider angiomas
- C. Telangiectasia
- D. Capillary pattern

Telangiectasia is the term for small, dilated vessels near the surface of the skin that create visible patterns. These tiny vessels—capillaries or small venules—can enlarge and form fine red lines, webs, or star-like configurations just under the skin. Spider angiomas are a specific type of telangiectasia with a central point and radiating branches, often seen on the face or chest. Mottled skin refers to irregular color patches from uneven perfusion or other factors, not a pattern of visible surface vessels. Capillary pattern isn't a standard descriptor for this appearance.

3. The dermis is composed of three tissue types. Which are they?

- A. Keratin, Melanin, Sebum
- B. Collagen, Elastic Tissues, Reticular Fibers**
- C. Adipose Tissue, Muscle, Cartilage
- D. Nervous tissue, Muscular tissue, Epithelial tissue

The dermis is a connective tissue layer beneath the epidermis, built mainly from the extracellular matrix with three main fiber components. The three tissue components that define it are collagen fibers, elastic fibers, and reticular fibers. Collagen provides the strong, durable framework that resists stretching and tearing. Elastic fibers give the skin its ability to stretch and recoil. Reticular fibers form a supporting network that helps maintain the dermal architecture and supports surrounding structures like blood vessels and glands. Fibroblasts in the dermis produce these fibers, shaping the matrix that gives the skin its strength and flexibility. Other options mix epidermal elements or tissues not characteristic of the dermis—keratin, melanin, and sebum relate to the epidermis or its glands, while adipose tissue, muscle, or cartilage belong to other layers or structures.

4. Which skin layer is most relevant to PMU depth control, and why?

- A. Epidermis, to prevent full-thickness injury.
- B. Hypodermis, for stability.
- C. Subcutaneous tissue, to avoid scarring.
- D. Dermis, pigment should be deposited within the dermis to achieve permanence without excessive trauma to the epidermis.**

Depth control in PMU hinges on placing pigment in the dermis, not at or beyond the surface. The epidermis turns over constantly, so pigment deposited there fades quickly and requires frequent touch-ups with uneven results. Going deeper than the dermis into the subcutaneous tissue or hypodermis risks excessive trauma, pigment migration, and scarring, producing a tattoo-like result that's hard to adjust. The dermis offers a stable, fibrous matrix where pigment can reside long-term, held in place by dermal structures and cells, while minimizing damage to the surface. Depositing pigment in this layer achieves lasting color with controlled healing, which is why the dermis is the most relevant layer for PMU depth.

5. How should work surfaces be prepared before a PMU procedure?

- A. Leaving surfaces unclean until end of day
- B. Wiping with a dry cloth only
- C. Use decorative mats only
- D. Clean, disinfect, barrier cover, organized tools, and proper waste disposal; maintain a clean, controlled environment.**

Keeping the work area clean, disinfected, barrier-protected, and organized with proper waste disposal is essential before a PMU procedure. PMU involves piercing the skin, so every surface that contacts the client must be prepared to prevent infection and cross-contamination. Cleaning removes dirt and debris, while disinfection lowers any remaining microorganisms to a safe level. Barrier covers create a disposable, single-use layer over surfaces, making cleanup easier and reducing surface contamination risk. An organized set of tools helps prevent cross-contamination and keeps sterile instruments within reach without touching contaminated areas. Proper waste disposal, including safe handling of biohazardous and sharps waste, maintains a controlled, safe environment for both client and practitioner. Together, these steps ensure a sanitary, compliant setup for the procedure. Leaving surfaces unclean, wiping with a dry cloth only, or using decorative mats does not provide adequate disinfection, barrier protection, or waste management, which are all needed for safety.

6. 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.

7. Dermis thickness ranges from the thinnest on the eyelids to the thickest on the back. Which pair correctly represents these values?

- A. 0.5 mm on eyelids and 2.0 mm on the back
- B. 1.0 mm on eyelids and 4.0 mm on the back
- C. 3.0 mm on eyelids and 0.3 mm on the back
- D. 0.3 mm on eyelids and 3.0 mm on the back**

Dermis thickness varies by location, with the eyelids having the thinnest skin and the back having a much thicker dermis due to underlying tissues. The pair that reflects this pattern uses about 0.3 mm for the eyelid and about 3.0 mm for the back, which lines up with the real-world difference in thickness between these sites. This matters in PMU because pigment is deposited into the dermis, so understanding these depths helps in applying pigment at the appropriate level to avoid going too shallow (fading or scarring) or too deep (reaching subcutaneous tissue). The other options propose eyelid thicknesses that are unrealistically thick for the eyelid or swap the order, which doesn't match how dermis thickness actually varies.

8. Which dermal layer is the target for pigment deposition during cosmetic procedures?

- A. Reticular Dermis
- B. Papillary Dermis**
- C. Epidermis
- D. Hypodermis

Pigment needs to be placed in the dermal tissue so it can stay visible over time, rather than in the outermost layer that sheds away. The layer just beneath the epidermis, called the papillary dermis, is the shallow dermal region that provides a stable, loose connective tissue matrix with capillaries. Depositing pigment here allows it to anchor within the dermal matrix and interact with surrounding cells without being lost to epidermal turnover, giving a lasting yet surface-close result. If pigment goes deeper into the reticular dermis, it risks diffusion or scarring and becomes harder to control, while the hypodermis is fat tissue and not the proper site for this purpose. The epidermis would shed and fade quickly, so it's not the target.

9. How many horizontal sections does the face have?

- A. 4 sections
- B. 2 sections
- C. 3 sections**
- D. 5 sections

Dividing the face into three horizontal zones is the standard approach for facial mapping. The upper third runs from the hairline down to the top of the eyebrows, the middle third spans from the eyebrows to the base of the nose, and the lower third covers from the base of the nose to the chin. This three-zone framework helps PMU practitioners plan symmetry, proportion, and shading, ensuring that features like brows, eyeliner, and lips stay balanced with the rest of the face as you map and design. Using three sections captures the vertical relationships across the face more accurately than four, five, or two, which can disrupt the natural balance you're aiming for.

10. MRSA can be transmitted through which of the following?

- A. Close skin-to-skin contact with infected persons or contact with objects or surfaces contaminated by MRSA**
- B. By airborne droplets only
- C. Only through food
- D. Only via blood transfusion

MRSA spreads mainly through direct contact and contact with contaminated objects. The bacteria live on the skin and in nasal passages, so touching an infected wound or skin lesion, or handling items (towels, razors, shared tools, surfaces) that are contaminated, can transfer MRSA to another person or to your own skin or mucous membranes. That's why close skin-to-skin contact plus contaminated surfaces is the primary transmission route. Airborne spread is not the typical route for MRSA, and milk, food, or blood transfusions are not common ways it is transmitted in usual settings. In a PMU environment, the focus is on preventing contact transmission by strict hand hygiene, using gloves, properly disinfecting work surfaces and tools, and avoiding sharing personal items. So the best answer reflects both direct skin contact and contaminated objects as the means MRSA most commonly uses to move from one person to another.

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.

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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