



Microblading Pre/Post Care Instructions

Before your procedure:

- DO NOT tweeze, wax, tint, perform laser or electrolysis at least **1 WEEK** before your procedure.
- Avoid tanning, sunburned face, or any type of facial or chemical peel for **2 WEEKS** prior to procedure.
- DO NOT have any Botox done for **3 WEEKS** prior to procedure.
- Discontinue Vitamin A/ Retinol for **1 MONTH** prior to procedure.
- DO NOT take Fish Oil or Vitamin E **1 WEEK** prior, since these are natural blood thinners.
- DO NOT exercise **24 HOURS** before the procedure.
- **24 HOURS Prior:** DO NOT consume alcohol, coffee, caffeine or soda. Also, DO NOT take aspirin or ibuprofen.
- Make appointment **3 WEEKS** before any special occasion to allow for healing.

During the healing process:

- Immediately after your appointment, gently wash eyebrows with unscented cleanser using a circular motion and pat dry with a paper towel. **DO NOT** use a towel or wash cloth.
- Apply a thin layer of ointment on your eyebrows. Keep applying **three times daily** until ointment is gone. Always apply ointment with a clean hand or an applicator. Be gentle!
- DO NOT allow treated area to get wet for **2 weeks**. (Avoid pools, sauna, ocean, etc.) Apply ointment before showers.
- DO NOT touch, rub, scrub, or pick at scabs, this will cause pigment discoloration and scarring.
- DO NOT apply any makeup, lotions, creams, etc. on treated area, other than ointment, until completely healed.
- AVOID heavy sweating for the first **10 days**. Pores will open and the salt in sweat may fade, blur or take out the pigment.
- AVOID tanning beds and direct sunlight to the treated area for **3 weeks**.
- AVOID sleeping on your face for at least **10 days**. A satin pillowcase is recommended while healing.

Eyebrows may appear darker due to natural scabbing during healing. All skin is different, pigment retention and healing can vary from person to person. Oily skin typically needs a touch up sooner.

Following instructions carefully will achieve better results.

Caring for your cosmetic tattoo:

- Do not use any Retin-A or Glycolic Acids in the brow area during or after healing. Use "total sunblock" to prevent fading.
- Use caution when swimming. We recommend applying a barrier cream whenever going into chlorinated pools or salt water.
- Cosmetic tattoo procedures are a 2-step process. For best results, we recommend a **touch up** within 1-3 months, then yearly.
- Signs of infection include excessive swelling, redness, tenderness, elevated temperature, red streaking or purulent drainage from the procedure site. If you experience any of these symptoms, contact your physician and seek medical care.

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