



MICROBLADING PRE-CARE

- Wash your hair the day before your appointment as you will not be able to wet the brow area for the first 5 days after your treatment
- Do not work out 24 hours before appointment
- NO alcohol or caffeine 48 hours before appointment (there is caffeine in decaf coffee and tea)
- Avoid the sun and tanning one week prior to procedure
- Do not take Aspirin, Niacin, Vitamin E or Advil/Ibuprofen 48 hours before procedure
- Avoid Fish Oil, Prenatal Vitamins, Nutritional Shakes (Shakeology, etc), "Hair, Skin, Nail" supplements 48 hours prior to procedure
- Discontinue Retin-A at least 4 weeks prior (and avoid on eyebrow area after procedure)
- Refrain from use of any Alpha Hydroxy Acid (AHA) products close to the eyebrow area 2 weeks prior (and avoid on eyebrow area after procedure)
- Botox and filler on the forehead, temple, and eye area should be avoided 1 month prior to procedure
- No brow waxing, tinting, or threading one week prior (I recommend booking a brow sculpt 1 week before your microblading appointment to find your perfect shape)
- Avoid Chemical Peels, Microdermabrasion or facials for 4-weeks prior procedure

Please Note: You will be more sensitive during your menstrual cycle.

Cosmetic tattooing is not suitable for the following:

- Pregnant and breastfeeding women
- Under the age of 18
- Chemotherapy patients
- Keratosis
- On Accutane
- Diabetics (will require a note from your physician)
- Seborrhoea Dermatitis
- Extremely Sensitive Skin
- Excessive Sebum (very oily skin)
- Sunburnt Skin



MICROBLADING AFTERCARE

Instructions

- Immediately after: Absorb. For the first few hours, gently wipe the area with a damp cotton pad to absorb excess lymph fluid. Do this until oozing has stopped (1-2 hours). Removing this fluid prevents buildup and scabbing
- Apply **THIN** layer of the aftercare product provided with a cotton swab 2 times per day for 5 –7 days depending on how dry/flakey your skin is. Apply aftercare before you shower
- Do not wet the brow area for the first 5 days. No saunas, pools, exercise including yoga and long hot showers (steam)
- After day 7 you can wash the brows very gently in one direction from beginning to tail with a small amount of Cetaphil gentle cleanser and water.
- Do not pick, scratch or irritate the tattoo
- Avoid direct sunlight or tanning beds for 2 weeks
- Avoid putting makeup on the area for the first two weeks
- Avoid facials, chemical peels, or microdermabrasion for 4 weeks

Appearance—What to Expect

Day 1: Strokes will be crisp and slight redness and swelling is normal

Day 2-4: Your brows will appear darker and thicker but do not panic as they will lighten as they heal

Day 5-8: Brows may be flaking and appear patchy and lighter in places.

Day 9-10: Brows are much lighter and grey in some areas. This is normal and the pigment will show back through soon.

Day 11-28: Your brows will appear to be patchy and incomplete during this part of the healing process. Most of these patches will fill in over time but there may be areas which don't and need to be touched up. This is why the 6 week touch up appointment is so important and should not be missed.