



## **MICROBLADING BEFORE-CARE/PREPARATION**

Before-care instructions are designed to limit bleeding and skin sensitivities during the service. Excessive bleeding during the procedure will dilute the pigment color and lead to a poor result.

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

### **6 weeks prior:**

- Discontinue Retin-A, Chemical and Laser Peels, Microdermabrasions, Alpha Hydroxy Acid (AHA), and any chemical exfoliant or "brightening" skincare at least six weeks prior (Once your brows have healed, you must avoid use of these products on forehead area procedure to prevent premature fading).

### **4 weeks prior:**

- Botox and filler on the forehead, temple, and eye area should be avoided two months prior to procedure for those who do not regularly receive injectables.

### **2 weeks prior:**

- Avoid Fish Oil, Prenatal Vitamins, Nutritional Shakes (Shakeology, etc), Biotin, "Hair, Skin, & Nail" supplements two weeks prior to procedure.
- No brow waxing, tinting, or threading two weeks prior (the more natural hair growth you have, the better!)
- Avoid sun and tanning on your face two weeks prior to procedure.

### **48 hours prior:**

- Do not take Aspirin, Niacin, Vitamin E or Advil/Ibuprofen 48 hours before the procedure.

### **24 hours prior:**

- Do not work out 24 hours before procedure.
- NO alcohol or caffeine 24 hours before procedure.
- Come to appointments with clean hair (because you'll want to avoid washing your hair for a few days after.)

## **MICROBLADING EYEBROWS AFTER-CARE**

**KEEP THEM CLEAN-** Wash brows 3 hours after getting them microbladed with antibacterial soap or a mild cleanser with no fragrance (suggestions: Cetaphil, CeraVe, Orange Dial Handsoap.) Splash with water to rinse, pat dry with a paper towel. Let air dry for 5 minutes. Then put aftercare ointment on with clean fingers (suggestions: Aquaphor or any unscented moisturizer.) Brows can be washed once daily only if needed. If they are not dirty skip washing them to avoid getting them wet. Avoid sleeping on your face/brows for the first 10 days. Keep your bangs and hair pulled back from your face for the first 10 days. NO makeup or skincare products to be used on the treated area for two weeks.

**KEEP THEM MOISTURIZED 24/7-** Apply after-care ointment (suggestions: Aquaphor or any unscented moisturizer) for a minimum of 3 days (5 days for dry skin) following microblading procedure. Apply ointment with freshly washed hands.

**DO NOT GET THEM WET-** Aside from the optional once- daily gentle cleanse, please avoid getting brows wet at all costs. Wash your face carefully around the eyebrow without getting water on the treated area (with a washcloth or cleansing makeup wipes). In the shower, keep your face away from the showerhead or take a bath. If you do get water on them, make sure to blot immediately with tissue or paper towel. Avoid pools, the ocean, saunas, steam rooms, hot showers and/or hot baths for 3 weeks.

**DO NOT GO IN THE SUN-** COMPLETELY avoid direct sun exposure and tanning beds for a minimum of 4 weeks after your procedure. Direct sunlight can cause the pigment to change color while it is healing and can also cause hyperpigmentation and scarring. After 10 days, once the area has healed completely, consider using sunblock when going out in the sun to stop the color from fading.

**DO NOT SCRATCH-** It is perfectly normal for your brows to be itchy as they heal. DO NOT rub, pick or scratch the treated area. Let any scabbing or dry skin naturally exfoliate off. Picking can cause scarring and pigment loss!

**DO NOT SWEAT-** This can put you at risk of infection. Avoid sweating for a full 10 days. Any physical effort, gym, hot weather, any other activity that may cause sweating through or on the brows will expel pigment from the dermis producing poor results.

**AVOID CHEMICALS-** NO facials, chemical treatments and microdermabrasion for 4 weeks. NO botox for 4 weeks. We recommend that it's best to wait until after your touch-up heals to get Botox, as an educated injector will take your new brows into consideration when choosing where to inject. Eyebrow tinting should not be undertaken for 2 weeks after your procedure. Avoid Retin-A, Chemical Peels and Microderms around the brow area once healed.

# **MICROBLADING CONTRAINDICATIONS**

## **YOU MAY NOT RECEIVE MICROBLADING IF YOU:**

**Are pregnant/breastfeeding**

**Have a history of keloids and hypertrophic scarring**

**Are diabetic (require doctor's clearance)**

**Are currently receiving chemotherapy (consult with doctor)**

**Have viral infections (have an active cold sore on face)**

**Have epilepsy**

**Have a pacemaker or major heart problems**

**Have had an organ transplant**

**Have skin irritations or psoriasis near the treated area (rashes, sunburn, acne)**

**Have taken accutane in the last year**

**Have heart conditions**

**Have had any treatment, are taking any medication, or have an illness that compromises the immune system**