

## Microblading Pre-Care:

Come to your appointment with your eyebrows penciled in the way you like them (optional) & bring your eyebrow pencil with you so we can best determine the shape you like.

\*Do not work out 24 hours before procedure.

\*NO alcohol or caffeine 24 hours before procedure

\*Avoid sun exposure and tanning one week prior to procedure. If you present with sunburn, we reserve the right to refuse service.

\*Do not take aspirin, niacin, vitamin E, or Advil/Ibuprofen 24 hours before procedure. If you are on a physician prescribed aspirin regimen, please seek physician approval prior to discontinuation of any medication.

\*Avoid power shakes, green smoothies, fish oil, hair, skin & nail supplements 24 hours prior to procedure. This can cause heavy bleeding and interferes with our ability to perform the procedure properly.

\*Discontinue using products that contain glycolic acid, chemical peels, and Retinol 4-6 weeks prior to procedure. Use of Prescription Retin-A should be discontinued for a minimum of 90 days prior to procedure, see physician prior to discontinuation of any prescription medication.

\*Refrain from using any Alpha Hydroxy Acid (AHA) products close to the eyebrow area 2 weeks prior to and 2 weeks after your procedure. Check your skin care products and makeup for ingredients that contain acid and discontinue use near the eyebrow area.

\*Do not wax, thread, tweeze, or tint your eyebrows at least one week prior to your treatment.

\*Discontinue any eyelash/eyebrow growth serum (Latisse, NeuBrow, etc.) 2 weeks prior and 2 weeks after procedure.

\*Please Note: You will be more sensitive during your menstrual cycle and may experience more discomfort during your procedure.

\*You have to be off any kind of Accutane for 1 year. NO Exceptions!

FILLERS need to be done 6 weeks prior to or 6 weeks after your procedure.

BOTOX should be done 2 weeks prior to or 2 weeks after your procedure.

IF YOU ARE PREGNANT OR NURSING, WE WILL NOT PERFORM ANY PROCEDURE ON YOU, NO EXCEPTIONS.

IF YOU HAVE ANY OF THE FOLLOWING CONDITIONS, YOU ARE NOT A CANDIDATE FOR MICROBLADING:

Heart Conditions, Pace Maker, Defibrillator, Hemophiliac, Keloid Scarring

If you have had previous permanent makeup done, we may not be able to perform microblading for you unless the old tattoo has faded completely. If you fail to notify us prior to your appointment of previous tattoos, we reserve the right to refuse service and you will forfeit your deposit. No Exceptions.

The medications listed below will cause bleeding and will not allow the pigment to be retained by the skin.

Triflusal (Disgren)  
Clopidogrel (Plavix)  
Prasugrel (Effient)  
Ticagrelor (Brilinta)  
Ticlopidine (Ticlid)  
Cilostazol (Pletal)  
Vorapaxar (Zontivity)  
Dipyridamole (Persantine)  
Coumadin  
Pradaxia (dabigatran)  
Xarelto (rivaroxaban)  
Eliquis (apixaban)  
Savaysa (edoxaban)

## Microblading Post-Care:

Plan on scheduling your touch-up within the first 6 months of your original procedure, but no less than 2 months.

\*EYEBROW MICROBLADING IS A "DRY HEAL". YOU CANNOT GET YOUR BROWS WET FOR 10 DAYS, INCLUDING SWEATING. You will not be able to perform ANY type of exercise or physical activity that will cause you to sweat or your body to become overheated.

\*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.

\*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.

\*Avoid pools, saunas, steam rooms, hot showers and/or hot baths for 3 weeks.

\*Avoid sweating for a full 10 days. Any physical effort, gym, hot weather, or any other activity that may cause sweating through or on the brows will cause the "hairstrokes" to blur under the skin. There is no way to fix this.

\*Avoid sleeping on your face/brows for the first 10 days.

\*NO makeup or skincare products to be used on the treated area for two weeks.

\*NO facials, chemical treatments, Retinol products, or microdermabrasion for 4-6 weeks.

\*After 10 days, and/or the area has healed completely, using sunblock daily is highly recommended to stop the color from fading.

\*Eyebrow tinting should not be undertaken for 2 weeks after your procedure.

\*Avoid skincare products that contain acids, glycols or retinols, as they may contribute to loss of pigment which may result in the need for more frequent touchups. Some makeup products contain these ingredients as well, so it is advised the you check all products that you use on your skin.

## Microblading - Typical After Effects

Day 1 - 2: The eyebrows are approximately 20 to 25% darker and bolder in width than they will be when healed. Your skin is red under the pigment which causes the color of the pigment to appear darker. There is some swelling, although difficult to see due to the thickness of the skin in the eyebrow area. This will subside. Exfoliation, which begins in a few days, will cause the excess pigment surrounding the eyebrow procedure to flake away and a more narrow appearance will result. New skin will heal over the pigmented area and result in a softer appearance of your eyebrows. Don't be concerned that your eyebrows initially appear darker and heavier in size than you desire. This is all part of the process.

Day 3: Eyebrows will start to itch and will appear a bit thicker in texture. Natural exfoliation begins, do not exfoliate yourself.

Day 4: The skin begins to flake, peeling from the outside edges first.

Day 5: Color finishes flaking off and appears softer and greyer for 8 weeks until color clarifies.

Day 6 - 10: Exfoliation will continue and scabbing will continue to fall off. Do not pick, scratch or remove any flaking skin.

## General Rules for ALL Procedures:

Remember, no two sides of the face are the same. Perfection is our goal, but, note that nothing is PERFECT. I do not use the "P" word when doing Permanent Makeup. Sisters, NOT twins is used universally in this field.