



BROW_FECTIONIST

PRE MICROBLADING PREP

- Do not pick/tweeze/wax/perform electrolysis one week before the procedure
- Do not tan two weeks prior to the service, or have a sunburned face
- Do not have any type of facial 2 weeks prior to the procedure
- Do not work out the day of the procedure
- Do not have botox 3 weeks prior to the procedure
- Do not take Fish Oil or Vitamin E one week prior to the procedure (they are natural blood thinners)
- Do not wax or tint your eyebrows 3 days prior to the procedure.
- In order to avoid excessive bleeding and poor color deposit:
 - Do not drink alcohol 24 - 48 hours before your tattoo
 - Do not consume coffee before your procedure
 - Do not take an Aspirin or Ibuprofen for pain relief (these also thin the blood)



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POST MICROBLADING CARE

I love a good acronym so here's one to help you out: **A - W - M** which stands for Absorb, Wash, and Moisturize!

The day of the treatment: **Absorb**

After the procedure, gently blot the area with clean tissue to absorb excess lymph fluid. Do this often throughout the day until the oozing has stopped. Removing this fluid prevents hardening of the lymphatic fluids.

Days 1-7: **Wash**

Wash daily to remove bacteria, build up of product and oils, and dead skin. (Don't worry, THIS DOES NOT REMOVE THE PIGMENT!)

Gently wash eyebrows at night with water and an antibacterial soap like Dial Soap, Cetaphil, or Neutrogena. cleanse the area for 10 seconds and rinse with water ensuring that all soap is rinsed away. To dry, gently pat with a soft towel. DO NOT use any cleansing products containing acids (glycolic, lactic, or AHA), or exfoliants.

Days 1-7 **Moisturize**

Apply a rice grain amount of Neosporin + Pain Relief with your finger tips and spread it across the treated area. Be sure not to over-apply, as this will suffocate your skin and delay healing. The ointment should be barely noticeable on the skin. NEVER put the ointment on a wet or damp tattoo.

Important Reminders

Use a fresh pillowcase while you sleep.

Let any scabbing or dry skin naturally exfoliate away. Picking can cause scarring or loss of color.

No facials, botox, chemical treatments or microdermabrasion for 4 weeks.

Avoid hot, sweaty exercise for one week.

Avoid direct sun exposure or tanning for 4 weeks after the procedure. Wear a hat when outdoors.

Avoid long, hot showers for the first 10 days.

Avoid sleeping on your face for the first 10 days.

Avoid face-down swimming, lakes, and hot tubs for the first 10 days,

Avoid topical makeup and sunscreen on the area.

DO NOT rub, pick, or scratch the treated area.

Remember, with the proper prep and aftercare routine, you will have much better results with your microblading procedure. Don't forget your new favorite acronym: AWM - Absorb, Wash, Moisturize!

Important note about showering:

Limit your showers to 5 minutes so that you do not create too much steam. Keep your face/procedure area out of the water while you wash your body, then, at the end of your shower, wash your hair. Your face should only be getting wet only at the end of the shower. Avoid excessive rinsing and hot water on the treated area.