

## Microblading Prep and Aftercare

### The prep:

It's all in the prep, just like priming before you paint. The eyebrow area must be healthy, strong, non-sensitive, and non-irritated. Let's begin with a good canvas for the best results! Here how to get ready:

- Do not pick/tweeze/wax/perform electrolysis one week
- Do not tan two weeks prior to the procedure, or have a sunburned face
- Do not have any type of facial two weeks prior to the procedure
- Do not work out the day of the procedure, before or after
- Do not have Botox 3 weeks prior to the procedure as this will affect your muscle movement around the brows
- Do not use any hair growth products in the brow area 2 weeks prior to the procedure
- Do not tint or color your eyebrows 3 days prior to the procedure
- Do not use retin-a or any type of retinols 1 week prior to the procedure
- Do not use any alpha or beta hydroxy acids (glycolic and salicylic) 1 week prior to the procedure

In order to avoid excessive bleeding and poor color deposit:

- Do not take any blood thinners such as Aspirin and Ibuprofen, or take Fish Oil or Vitamin E one week prior to the procedure (these are natural blood thinners)
- Do not drink alcohol 48 hours prior to the procedure
- Do not consume coffee the day of the procedure

### The aftercare: **A-W-M** Absorb, Wash, Moisturize for Absolutely Wonderful Make-Up!

**Day of treatment- ABSORB.** After the procedure, gently blot the area with clean tissue to absorb any excess lymph fluid. Do this every 5 minutes for the full day until the oozing has stopped. Removing this fluid prevents hardening of the lymphatic fluids which can pull the pigment out.

**Days 1-7: WASH.** You will 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 your eyebrows each morning and night with water and an antibacterial soap like Dial, Cetaphil, or CeraVe. With a light touch and using fingertips only, gently cleanse the brows. Rub area in smooth motion for 10 seconds and rinse with water ensuring that all soap is rinsed away. To dry, gently pat with a clean tissue. **DO NOT** use any cleansing products containing acids (glycolic and salicylic) or exfoliant beads or grains.

**Days 1-7: MOISTURIZE.** Apply a rice grain amount of the ointment provided with a cotton swab and spread it across the treated area, 3 times a day. Be sure not to over-apply, as this will suffocate your skin and delay healing. The ointment should barely be noticeable on the skin. NEVER put the ointment on a wet or damp tattoo.

Extra care tips:

- Do not apply any cosmetics in this area for 10-14 days
- Avoid excessive perspiration for 10-14 days
- Avoid face down swimming, lakes, ocean, hot tubs for 10-14 days
- Avoid long, hot showers for 10-14 days. Limit shower to 5 minutes if possible to avoid excessive steam. Try to keep face out of water and excessive rinsing of the area.
- Use a fresh pillowcase while sleeping
- Let any scabbing or dry skin naturally exfoliate away. NO PICKING. Picking can cause scarring and/or loss of color.
- For 4 weeks post, no facials, Botox, Fillers, or Chemical peels.
- Avoid direct sun exposure and tanning for 4 weeks post.

Remember, with the proper prep and aftercare routine, you will have much better results with your microblading procedure. **A-W-M!**