

Microblading Pre & Post Care

In order for your new brows to heal properly (and look their very best) The Pre & Post Care instructions below are **EXTREMELY IMPORTANT!** Pre-Care instructions are designed to limit bleeding and skin sensitivities during the service. Excessive bleeding during the procedure can dilute the pigment color and lead to poor results.

Microblading Pre-Care Instructions

- Do not take Aspirin, Niacin, Vitamin E, Fish oil or Advil/Ibuprofen 48 hrs before the procedure
- NO Alcohol or caffeine 48 hrs before procedure
- Avoid the sun or tanning one week before procedure. Please do not come in with a sunburn
- Do not workout before procedure
- No waxing, tweezing, tinting or threading for 7 days prior to procedure. No method of hair removal for two weeks following procedure
- Note: You will be more sensitive during your menstrual cycle

Microblading Post-Care Instructions

Please Note: Eyebrows will appear darker and bolder immediately after procedure. Eyebrows will scab and a complete healing takes about 2 weeks. This is very common for all permanent cosmetic procedures.

- Apply the aftercare ointment given to you by your artist for the amount of days she has instructed. Wash hands and apply with a fresh Q-Tip.
- No water, cleansers, moisturizers, makeup, etc on eyebrows for 10 days
- Do Not pick, rub or scratch the treated area. Let any scabbing fall off naturally. Messing with scabbing can cause scarring and pigment loss!
- Completely avoid direct sun exposure and tanning beds for a minimum of 4 weeks after your procedure.
- Avoid heavy sweating/workouts for 10 days
- Avoid the sauna, steam room, or pool/hot tub for 3 weeks.
- No facials, chemical peels, microdermabrasion, electrolysis or lasers for 3 weeks.
- Avoid Retin-A and chemical peels around the brow area once healed
- Do not sleep on your face so you do not rub off the scabs and please do not let shower water hit you directly in the face for 10 days following
- After the first 10 days post-procedure please use a strong sunscreen on your brow area; sun will prematurely fade your permanent makeup

Permanent Cosmetics and Microblading is **NOT** recommended for the following people:

- Pregnant or nursing
- Diabetic (uncontrolled)
- Epilepsy
- A pacemaker or major heart problems
- On a blood thinner
- Tendency towards Keloids
- Seborrheic dermatitis
- Skin irritations or psoriasis near the treated are (sunburn, rashes, acne etc.)
- Sick with a cold or flu
- Had Botox in the past 2 weeks
- Used Accutane in the past year
- Allergic to anesthetic (Lidocaine)

- Extreme Oily skin
- If you have a special occasion planned within 3 months

If there is any concern, PLEASE call/text 619 692 9300 AND email us photos to patients@beautyandbodylounge.com so we can further assess the situation.

