



Microblading Pre and Post Procedure Instructions

Pre-Care Instructions:

- Do not work out 24 hours before procedure.
- Avoid excessive alcohol or caffeine 24 hours before procedure.
- Avoid sun and tanning one week prior to procedure.
- Do not take Aspirin, Niacin, Vitamin E or Advil/Ibuprofen 24 hours before procedure.
- Avoid power shakes and power greens, Fish Oil, and "Hair, Skin, Nail" supplements 24 hours prior to procedure.
- Discontinue Glycolics, Chemical Peels and Retin-A 4 weeks prior.
- Refrain from use of any Alpha Hydroxy Acid (AHA) products close to the eyebrow area 2 weeks prior to and 2 weeks after your procedure. Check your moisturizer, facewash BB or CC creams and makeup primers for anything that says acid.
- No brow waxing or tinting one week before.
- Please Note: You will be more sensitive during your menstrual cycle as well.
- You have to be off any kind of Accutane for 1 year. NO Exceptions!
- No Latisse (on lashes or brows) for minimum of three weeks prior to brow procedures.
- Fillers should be done six weeks prior to scheduled procedure or six weeks after procedure.
- Botox should be performed two weeks prior to scheduled procedure or two weeks after.
- **DO NOT SHAPE BROWS.** I prefer to work with the most natural hair growth. If you can avoid shaping them, it will help me use every natural hair I can and make your overall result stunning. We will trim them as the last step to your brow perfection!

Preparing the Skin

To prepare the skin, you will need to cleanse the area free of makeup. Clean with baby-wipes, makeup remover or apply antibacterial soap with a Q-Tip to remove any excess skin oils.

Oily Skin:

If you have oily skin, results will appear softer and may require additional procedures.

I Cannot Predict Your Fading Experience

It is fully possible to get the perfect results with only one application; however, this cannot be guaranteed. Please remember that the amount of pigment you retain or lose after your initial application is not a reflection of the quality of work. Pigment retention varies with each person. In case your procedure must be repeated, you will need to wait at least 5-6 weeks after the date of your original application.

After Your Initial Procedure

Some procedures may need to be repeated because the original application can fade anywhere from 25% to 40%. Individual chemical and genetic makeup can affect the final result.

Application Cannot Be Repeated Within 35 Days or Less

The tissue is not ready to absorb new pigment although your skin looks healed. Some clients experience a healing period of 5-6 weeks, so that's why I schedule that far out. Please be patient.

First Perfecting Session is FREE

Your Perfecting Session Appointment will be made 5-6 weeks after your initial procedure and is at no cost to you. Some clients may want additional sessions, but most clients only require 1. Additional Touch-up Sessions after initial session are at cost to the client. Most sessions can be done in 30 to 45 minutes.

Pain Preparation

I use a lidocaine numbing cream to help alleviate any discomfort, and a lidocaine/tetracaine broken skin numbing agent during the process. However, most clients report little to no pain.

Post Procedure:

There will be an epithelial crust that forms in the days following the procedure. This crust is a combination of dried pigment and plasma that forms externally. It is important that you do not pick it. Picking the crust will result in a loss of pigment. For the first 24 hours you may use washed, clean hands and dab with a wetted cotton round to remove lymph every few hours if there is excessive build up. Be cautious sleeping on your side the first 24 hours, as the pillowcase may stick to your brows and result in loss of pigment. After a few days, the crust will fall off naturally. For the first few days following the procedure, the area will feel similar to that of a sunburn. An alcohol and fragrance free lotion will help. Apply up to twice daily with clean, dry hands, patting it gently in. This will soothe the area, keeping it moist and helping it heal properly.

Follow These Tips for Better Healing:

- Do not touch the treated area unless applying lotion. No scratching, rubbing, or picking of the treated area
- Be cautious around the area (such as pulling clothing over your head)
- Do not apply makeup on treated area until healed
- Apply lotion up to 1-2 times a day on treated area until peeling comes off; normally 5 to 7 days. (Again do not peel the area yourself, let this fall off naturally)
- Saline may be used if needed but not recommended
- Perfecting Session may be scheduled after 5-6 weeks of healing
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I, _____, have read and understand the above information and of my own free will I choose to move forward with my procedure.

Signature: _____ Date: _____