



### **Microblading – SPMU - Aftercare 1-10 days:**

- Gently blot the area with clean tissue to absorb any excess lymph fluid. (Lymph is a clear fluid-like substance that might slightly ooze from eyebrow area.)
- You may or may not have any during this time. But if you do, we want to avoid letting it dry on the eyebrow area and form a crust
- Do this every few minutes until all signs of lymph have stopped.
- Removing this fluid will prevent any hardening/crusting of the lymph.
- Keep the area dry, do not carry out any activity which will cause perspiration.
- Do not wash or contaminate the area, wash hair by leaning back
- DO NOT use any other cleansing products containing acids (glycolic, lactic, or AHA), or any exfoliants.
- ONLY IF NEEDED: Apply a RIDICULOUSLY small amount of aftercare ointment with a cotton swab 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 not leave a noticeable shine or film on the eyebrows. Apply only enough to moisturize!

### **IMPORTANT REMINDERS**

- Use a fresh pillowcase, and do not sleep on your face or eyebrows!
- Let any scabbing or dry skin naturally exfoliate away. Picking can cause scarring and will cause loss of colour. Your flakes will gently fall off by themselves when they are ready to!
- No botox or fillers for 2 weeks
- No advanced facials, chemical treatments, or microdermabrasion for 4 weeks after treatment.
- Avoid hot, sweaty exercise for at least one week. You can lightly exercise, but nothing that will cause overexertion or extreme sweating whatsoever.
- Avoid direct sun exposure and tanning for 2 weeks after procedure. Wear a hat when outdoors. And once fully healed, be sure to protect your eyebrow with SPF. Any prolonged sun exposure will cause premature fading.
- Avoid taking long hot showers for the first 10 days. And when in the shower, avoid water completely on the eyebrow area. You will only be gently washing them in the AM and PM, outside of the shower, and without hot water.
- Avoid swimming, or any kind until your eyebrows have completely healed!

- **Avoid applying any type of makeup to your brow area. Do not get any concealer, powder, or anything on the area for at least 1 week.**
- **Keep your hands off the area. No picking or scratching the treated area.**  
**DO NOT USE growth enhancement products such as Latisse, Revitabrow, Grande lash, one month prior and after treatment has fully healed as it may shift your colour.**
- **Smoking WILL cause the pigment to fade prematurely and anaesthetics will not last as long.**

***IMPORTANT NOTE ABOUT SHOWERING:***

**You will want to limit the time you spend in the shower. Avoid using extremely hot water and creating steam. This will create unwanted moisture on the face. You can even cover your forehead and eyebrow area with a shower cap as you wash your body.**

**I have read and understood the aftercare protocols after my treatment and promise to follow the aftercare instructions. If I do not follow the aftercare, I may ruin the results and the technician has the right to release me from any future services.**

**Client Name:**

**Client signature:**

**Date:**