

## Before the Appointment

- DO NOT drink coffee, alcohol or energizing drinks the day before and the day of treatment
- DO NOT take Aspirin, Ibuprofen or any blood thinners 24 hours before treatment
- DO NOT take turmeric, oils, omega3 1 week before appointment
- DO NOT have intense sun exposure 5 days before treatment
- NO waxing 2-3 days before treatment
- NO chemical peels, facials, or laser treatments 2 weeks before treatment
- NO botox 3 weeks before treatment

## Day of the Appointment

- Bring valid photo ID
- Have photos of daily brow look you're wanting to achieve
- You can wear makeup and brow pencil to the appointment. Area will be cleaned prior to treatment
- DO NOT consume blood thinners, drugs or alcohol, or caffeinated beverages
- DO drink lots of water
- NO sunburns, open lesions, pimples, etc. Contact the artist immediately if unsure about your skin's condition.

## After Care

- Allow brows to dry. Apply A&D ointment twice a day starting 48 hours after treatment
- Avoid getting eyebrows wet (swimming, showering, sweating, etc.) for the first 7 days. If they do get wet, pat them dry with a clean tissue immediately.
- Avoid direct sun exposure or tanning for 4 weeks after treatment. Wear a hat when outdoors to help prevent scarring or poor retention.
- DO NOT touch your eyebrows. Let any scabbing or dry skin naturally exfoliate away. Picking can cause scarring or color loss.
- No facials, botox, chemical peels, or microdermabrasion for 4 weeks
- Avoid sleeping on face for first 7 days
- Avoid lakes, hot tubs, or face down swimming until fully healed and free of scabs/flakes
- Avoid topical makeup or sunscreen on the treated area until fully healed
- DO NOT rub, pick, or scratch the area
- DO NOT pencil in the areas that are spotty during the healing process. This is crucial if you want detailed and optimal results