

## \*PLEASE READ BEFORE APPOINTMENT\*

- If you have had ANY previous permanent makeup done in the past, please text up close, clear photos of the area to (518) 791-6816
- If you are a first time client, please schedule your free 4-6 week touch up. \*Microblading procedures normally require multiple sessions. To achieve the best results, you will be required to come back for a touch up between 4 to 6 weeks after the initial appointment.
- Be prepared for the color intensity to be significantly sharper and darker immediately after the procedure. This will subside and become softer as the skin heals. This process can take up to 2 weeks, sometimes more

## **HOW TO PREPARE FOR YOUR APPOINTMENT:**

- Please wear your normal make-up to your enhancement appointment.
- NO alcohol or caffeine 24 hours before procedure (Yes, there is caffeine in decaf coffee and tea!)
- Avoid sun and tanning one week prior to procedure.
- Do not take Aspirin, Niacin, Vitamin E or Advil/Ibuprofen 48 hours before procedure. (ONLY TAKE TYLENOL IF NEEDED)
- Avoid Fish Oil, Prenatal Vitamins, Nutritional Shakes (Shakeology, etc), "Hair, Skin, Nail" supplements 48 hours prior to procedure.
- Discontinue Retin-A at least 4 weeks prior (and avoid on eyebrow area after procedure).
- Refrain from use of any Alpha Hydroxy Acid (AHA) products close to the eyebrow area 2 weeks prior (and avoid on eyebrow area after procedure).
- Botox and filler on the forehead, temple, and eye area should be avoided 1 month prior to procedure for those who do not regularly receive injectables.
- No brow waxing, tinting, or threading one week prior (the more natural hair growth you have, the better!
- Avoid Chemical Peels, Microdermabrasion or facials for 4-weeks prior procedure.
- Avoid exercize 1 day before and 7 days after treatment.
- \*\*\*Please Note: You will be more sensitive during your menstrual cycle.
- \*\*\* Microblading can NOT be performed if you are under 18, pregnant, breast feeding, have keloids, or bleed easily/excessively!
- \*\*\*Contact me at (518)791-6816 before your appointment if you have had botox, face-lift, brow-lift, chemical peel, eye surgery/injury, brow/lash tinting, abnormal heart condition, diabetes, cancer, or have used accutane or other oral/topical acne treatments.