



Eyebrow Tattoo

Microblading/Hyper Realism/Ombre

Pre-Care & Treatment Information

Thank you for choosing **Kristi PMU & Wax** for your treatment.

Preparing properly for your appointment helps ensure the best possible results, smoother healing, and optimal colour retention. Please read the guidance below carefully.

Treatment Overview

- At least one top up appointment is required for best results
- Top up appointments are typically scheduled **4–6 weeks** after your initial treatment
- Results may appear darker immediately after treatment
- Colour will soften as the area heals
- The treated area must be fully healed before additional work can be performed
- Skin must be healthy and intact
- Treatment cannot be performed over sores, blemishes, flaking skin, moles or sun-damaged areas
- Pigment gradually fades over time
- A colour refresh is usually recommended every 12–18 months

Sensitivity Patch Test

To help minimise the risk of allergic reaction, a sensitivity patch test is required at least **48 hours prior to treatment**.

This test is performed in clinic by your therapist and involves applying small amounts of pigment to discreet areas of the skin.

The area will then be assessed for any signs of reaction, such as:

- redness
- swelling
- itching
- irritation

If you notice any delayed sensitivity after your patch test appointment, please inform us as soon as possible.

Please note:

- A negative patch test does not guarantee that an allergic reaction cannot occur
- Pigments used during testing may differ from your final treatment colour



Before Your Treatment

Good preparation helps minimise sensitivity, reduce bleeding and improve healed results.

- Please wear your usual eyebrow make-up to your appointment
- Avoid sunbeds and excessive sun exposure for **2 weeks** before treatment
- Do not wax the brow area within **48 hours** of your appointment
- Avoid electrolysis treatments for at least **5 days** beforehand
- Do not tint your eyebrows for **1 week prior** to treatment
- Avoid alcohol and caffeine **24 hours** before and on the day of treatment

2 Weeks Before

Please avoid using skin-thinning or resurfacing products on or around the brow area:

- Retinol / Vitamin A products
- AHA / BHA / glycolic acids
- Anti-ageing or exfoliating skincare
- Facial treatments, chemical peels or laser treatments

These products increase skin sensitivity and can affect pigment retention.

1 Month Before

- Discontinue brow and lash growth serums
 - These stimulate circulation and can cause excess bleeding

72 Hours Before

Please avoid:

- Blood-thinning medication or supplements
 - Aspirin
 - Ibuprofen
 - Fish oil
 - High-dose Niacin

These can increase bleeding and reduce pigment retention.

(If prescribed medication is required, there is no need to stop taking it).

Cosmetic Treatments

- Botox and fillers should be scheduled **after** your brow procedure
- Muscle movement and skin tension can affect symmetry and results



On the Day of Treatment

- Eat beforehand to help maintain stable blood sugar levels
- Arrive well-rested and hydrated
- Avoid caffeine and alcohol
- Allow enough time for your appointment and consultation
- Wear comfortable clothing
- Allow sufficient time for your appointment
- Wash hair beforehand (helps avoid excess moisture in early healing)
- Do not exercise before your treatment

You may feel more sensitive if attending during your menstrual cycle due to hormonal changes.

Medical Considerations

Permanent make-up may not be suitable if you have:

- Liver disease
- Compromised skin near the eye area
- Active skin conditions (eczema, psoriasis, dermatitis) in the treatment area
- Pregnancy or breastfeeding
- Ongoing chemotherapy or radiation treatment

Doctor's Note Required If You Have:

- Diabetes (Type 1 or 2)
- High blood pressure
- Autoimmune conditions
- Thyroid or Graves' disease
- Any condition affecting healing or infection risk

Hormone therapies may increase sensitivity and affect pigment retention.

If you have any medical conditions, concerns, or questions prior to your appointment, please contact us — We are always happy to advise.

We look forward to welcoming you to **Kristi PMU & Wax** and creating beautifully natural brows for you.