**Microblading Pre Care Instructions**

Thank you for choosing Simply Beautiful by Katerina for your Microblading and PMU experience.

Please make sure you read the following instructions to assure the best results for your procedure.

* Do not pick/tweeze/wax/perform electrolysis one week before the procedure
* Do not tan two weeks prior to the service, or have a sunburned face
* No chemical peels, dermabrasion, laser or any intense skin treatment 2 weeks prior to procedure
* Do not work out the day of the procedure
* Do not have Botox 3 weeks prior to the procedure
* Do not take Fish Oil or Vitamin E one week prior to the procedure (they are natural blood thinners)
* Do not wax or tint your eyebrows 3 days prior to the procedure.
* Do not drink alcohol 24 - 48 hours before your tattoo
* Do not consume coffee or energy drinks before your procedure
* Do not take an Aspirin or Ibuprofen for pain relief (these also thin the blood)
* If the procedure is done close before your menstrual cycle you will be more sensitive, consider scheduling procedure after

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Client Name

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Client Signature