

● STEP 4: PROTECT FROM THE SUN

Your new PMU is fragile and sensitive to UV rays. Sun exposure can cause fading and interfere with healing. Avoid direct sunlight for the first two to four weeks, and cover your PMU with a hat if you need to be outdoors.

Once healed, apply a Sunscreen with at least SPF 30 regularly to protect your PMU from UV damage and keep it looking fresh. Lips will need a SPF chapstick!

● STEP 5: AVOID STRENUOUS ACTIVITY

Working out can introduce bacteria to your fresh PMU through sweat, overstretching healing skin, and cause scabs to tear. **Wait 48 hours** before doing light activities like walking or cycling. For the **first 10 days**, avoid strenuous exercises and clean your PMU immediately after any physical activity.

● STEP 6: AVOID MAKEUP

Do not allow makeup/skincare to touch the fresh PMU. Clean off right away with a Q-Tip if it gets on it while you are doing the rest of your makeup.

● STEP 7: DO NOT PICK AT SCABS

Scabbing is a natural part of the healing process. Picking at scabs can pull ink out of your skin, leading to patchy spots and scarring. Resist the urge to scratch, and use your moisturizer to calm any itching.

● STEP 8: AVOID SWIMMING

Pools, hot tubs, and natural bodies of water expose your fresh tattoo to bacteria and chemicals, which can lead to infection. Avoid swimming for **the first 10 days** or until the scabs have fully healed. Showering is safe as long as you're gentle and avoid soaking the area and don't stay in the hot shower for long so the brows do not get soggy.

