



(BROW PROCEDURE) PRE-CARE INSTRUCTIONS:

To ensure the best possible results from your brow appointment, please follow these pre-care instructions carefully:

1. Discontinue Use of Anti-Aging Products:

- Do not use any anti-aging products such as Retin-A, retinol, glycolic acid, salicylic acid, or AHAs (alpha hydroxy acids) for at least one month before your procedure or as soon as possible. These products can make your skin more sensitive and prone to irritation.

2. Avoid Blood-Thinning Medications and Supplements:

- Do not take aspirin, ibuprofen (Advil), Aleve, or any other blood-thinning medications on the day of your procedure. These can cause excessive bleeding and affect the outcome of your procedure.
- Stop taking fish oil supplements at least one week before your appointment as they can also thin your blood and increase bleeding.

3. Limit Caffeine and Alcohol Intake:

- Avoid consuming alcohol and caffeine 24 hours before your appointment. These substances can increase sensitivity and bleeding.

4. No Botox or Fillers:

- Do not have Botox, fillers, or any other cosmetic treatments done in the brow area at least 2 weeks before your appointment.

5. Avoid Sun Exposure and Tanning:

- Stay out of the sun and avoid tanning beds for at least one week prior to your appointment. Sunburned or tanned skin can affect the color and outcome of your procedure.

PRE-CARE INSTRUCTIONS: 1.1.1.05/24 MICHELLE VERNON (permanent makeup) (913) 514-4353

<http://www.permanentmakeupkansas.com> 5341 West 151st Street Leawood, Kansas 66224, United States

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6. Clean Skin:

- Ensure the brow area is free of makeup, lotions, and other skincare products on the day of your appointment.

7. No Waxing or Threading:

- Do not wax, thread, or tweeze the brow area at least one week before your appointment. Shaving is fine.

8. Be Well Rested and Hydrated:

- Ensure you are well-rested and have hydrated well before your appointment to help your skin respond better to the procedure.

9. Allergies and Sensitivities:

- Inform your technician of any allergies or sensitivities you may have to pigments, anesthetics, or other products.

10. Consult with Your Physician:

- If you have any medical conditions such as diabetes, epilepsy, or autoimmune diseases, or if you are pregnant or nursing, please consult with your physician before scheduling your appointment.

11. Prepare for Aftercare:

- Have aftercare products ready at home, including gentle cleansers and recommended ointments.

By following these pre-care instructions, you help ensure the best possible outcome for your brow procedure. If you have any questions or concerns, please do not hesitate to contact us before your appointment.

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