

**LOVELY  
BY  
LAURA**

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# *Pre-appointment* **INSTRUCTIONS**

## *How to Prepare for your Microblading Appointment*

- Do not exercise the day of your procedure.
- Do not get any facial treatments, including fillers such as Botox, 2 weeks before your procedure.
- Do not have a sunburned face when coming in for your appointment.
- You must be off all products containing Retinol for 7 days before your appointment.
- Do not take Aspirin, Niacin, Vitamin E, Fish Oil, or Ibuprofen 24 hours before your procedure unless medically prescribed by your doctor. Tylenol is OK.
- Do not consume any alcoholic beverages 24 hours prior to your procedure.
- Children are not allowed in the studio during your procedure.
- I accept cash or credit card (\$5 fee for card).
- Please arrive to your appointment on time. If you are more than 15 minutes late you will be asked to reschedule.
- I am located at 2500 S. Power Road Building 9, Suite 121A Mesa, AZ 85209. If my door is closed, please have a seat at one of the open benches in the hall and I will be out to get you shortly.