**Microblading Pre-Care**

* Do not work out 24 hours before procedure
* NO alcohol or caffeine 48 hours before procedure

(Yes, there is caffeine in decaf coffee and tea)

* Avoid sun an tanning one week prior to procedure
* Do not take Aspirin, Niacin, Vitamin E or Advil/Motrin 48 hours before procedure
* Avoid Fish Oil, Prenatal Vitamins, Nutritional Shakes (Shakeology, etc.); “Hair, Skin, Nail” supplements 48 hours prior to procedure
* Discontinue Retin-A at least 4 weeks prior and avoid on eyebrow area after the procedure
* Refrain from use of any Alpha Hydroxy Acid (AHA) products close to the eyebrow area 2 weeks prior and avoid on eyebrow area after procedure
* Botox and filler on the forehead, temple, and eye area should be avoided 1 month prior to procedure for those who do not regularly receive injectables
* No brow waxing, tinting, or threading one week prior (the more natural hair growth you have, the better!)
* Avoid chemical peels, microdermabrasion or facials for 4 weeks prior to procedure