

Microblading Pre and Post Care

Pre the treatment

- Do not pick/tweeze/wax/perform electrolysis one week before procedure
- Do not tan two weeks prior or have sunburned face
- Do not have any type of facial/peel 2 weeks prior to treatment
- Discontinue Vitamin A/Retinol products one month prior to treatment
- Do not work out the day of the procedure.

- Do not have Botox 3 weeks prior
- Do not take Fish Oil or Vitamin E one week prior (natural blood thinners)
- Do not wax or tint your eyebrows 3 days before the procedure.

In order to avoid excessive bleeding and poor colour deposit:

- Do not drink alcohol 24 - 48 hours before your tattoo
- Do not consume coffee before your procedure
- Do not take an aspirin or ibuprofen for pain relief (this thins the blood)

Now that you know what NOT to do, it's time to share my secret recipe for amazing microblading results! I love a good acronym so here's one to help you out, just think of: **A - W - M** which stands for Absolutely Wonderful Make-up or better yet, Absorb, Wash, Moisturize!

The day of the treatment: Absorb

Gently blot the area with clean tissue to absorb excess lymph fluid. Do this every 5 minute for the full day until oozing has stopped. Removing this fluid prevents hardening of the lymph.

Days 1-7:Wash

Do NOT get the brows Wet.

Use an ear cotton and apply a pea sized amount of the given cream 3 times a day. Breakfast, lunch and dinner.

When you apply the lunch time cream use a dry clean tissue and wipe the morning cream away. Follow the same rule for when you apply the dinner cream.

Days 1-7 Moisturize

Apply a rice grain amount of aftercare ointment with a cotton swab and spread it across the treated area. Be sure not to over-apply as this will suffocate your skin and delay healing. The ointment should be barely noticeable on the skin. Never put the ointment on a wet or damp tattoo.

Important Reminders

- Use a fresh pillowcase, silk or satin is best
- Let any scabbing or dry skin naturally exfoliate away. Picking can cause scarring or loss of colour
- No facials, Botox, chemical treatments or microdermabrasion for 8 weeks
- Avoid hot, sweaty exercise for one week
- Avoid direct sun exposure or tanning for 4 weeks after procedure. Wear a hat when outdoors.
- Avoid heavy sweating and long hot showers for the first 10 days.
- Avoid sleeping on your face for the first 10 days
- Avoid swimming, lakes, hot tubs for the first 10 days
- Avoid topical makeup including sunscreen on the area
- DO NOT rub, pick or scratch the treated area.

Important note about showering:

Limit your showers to 5 minutes so you do not create too much steam. Keep your face/procedure out of the water while you wash your body, then, at the end of your shower, wash your hair. Your face should only be getting wet at the very last end of the shower. Avoid excessive rinsing and hot water on the treated area. THE EYEBROWS MUST NOT GET WET.