

# JULIA



# TEOTONIO

## BEFORECARE FOR MICROBLADING

Proper preparation is key to achieving optimal results. Follow these guidelines in the weeks and days leading up to your appointment:

### 2-4 WEEKS BEFORE YOUR APPOINTMENT

#### 1. Avoid Certain Skincare Products

Stop using products containing retinol, retinoids, glycolic acid, salicylic acid, or other exfoliating agents. These can thin the skin and increase sensitivity.

#### 2. Do Not Schedule Facial Treatments (4 weeks before)

Avoid chemical peels, botox, microdermabrasion, or other skin treatments near the brow area.

### 7-10 DAYS BEFORE YOUR APPOINTMENT

#### 1. Avoid Blood-Thinning Substances

Refrain from alcohol, caffeine, aspirin, ibuprofen, and fish oil supplements. These can thin your blood and increase bleeding during the procedure.

#### 2. No Tanning or Sunburn

Avoid excessive sun exposure or tanning beds. A sunburned face can compromise the healing process.

#### 3. Stop Waxing, Tweezing, or Threading

Let your natural brow hair grow out. This allows the artist to work with your natural brow shape and placement.

### 24-48 HOURS BEFORE YOUR APPOINTMENT

#### 1. Clean Skin Only

Avoid applying makeup, moisturizer, or any skincare products on or around the brow area.

#### 2. Get Rest

Ensure you're well-rested and hydrated before your session. PLEASE NOTE You may experience heightened sensitivity during your menstrual cycle.

## AFTERCARE FOR MICROBLADING

Proper aftercare is crucial to achieving long-lasting and beautifully healed brows. Follow these steps:

### IMMEDIATE AFTERCARE (FIRST 1-7 DAYS)

#### 1. Keep the Brows Dry

Avoid getting your brows wet. This includes sweating, swimming, or heavy workouts. Use the disposable visors given or avoid direct water on the brow area during showers.

#### 2. Cleanse Gently

If instructed by your artist, lightly clean the brows with a damp cotton pad or paper towel once daily (unless advised otherwise) to prevent buildup.

Pat dry with a clean tissue.

#### 3. Avoid Touching

Do not touch, rub, or pick at your brows. Let any scabs fall off naturally.

### MOISTURIZING (DAYS 2-10) (ONLY IF ADVISED)

#### 1. Apply a Healing Ointment

If directed by your artist, use a thin layer of the recommended healing balm or ointment. Apply sparingly to prevent clogging.

#### 2. Avoid Over-Moisturizing

Too much ointment can suffocate the skin and slow healing.

## GENERAL AFTERCARE FOR THE FIRST 2 WEEKS

**1. Avoid Makeup on the Brows**

Do not apply makeup, creams, or skincare products directly on the brows until fully healed.

**2. No Direct Sunlight:**

Avoid tanning beds or prolonged sun exposure. If you must go outside, wear a hat or use a high-SPF sunscreen once healed.

**3. No Pools or Saunas**

Avoid swimming pools, saunas, and hot tubs as they can introduce bacteria and cause fading.

## HEALING STAGES

**Day 1-2: (Dark phase)**

Brows will appear darker and bolder than expected. This is normal and part of the healing process.

**Day 3-7: (Patchy phase)**

Brows may scab, flake, or peel. Avoid picking at them to prevent pigment loss or possible scarring.

**Day 10-14: (OMG..where did they go phase)**

The pigment may appear lighter or uneven as the skin heals.

**4-6 Weeks: ( Blooming phase)**

The brows will fully heal, and the true color will settle and reveal itself. A touch-up may be needed for perfecting.

## LONG-TERM MAINTENANCE

**1. Schedule a Touch-Up**

A follow-up appointment 6-8 weeks after the initial procedure is essential for refining the shape and color. Microblading touch ups are recommended approximately 1/1.5 years after the initial procedure to refine the shape and maintain optimal colour retention before significant fading occurs.

**2. Protect from the Sun**

Apply sunscreen on healed brows DAILY to prevent fading or discoloration.

**3. Avoid Exfoliation on Brows**

Refrain from using exfoliating products over the brow area.

**CLIENTS NOT SUITED FOR MICROBLADING**

Microblading is not recommended for certain individuals due to health, skin, or lifestyle factors that may affect the procedure's outcome or safety. Below is a list of clients who may not be suitable for microblading.

## MEDICAL CONDITIONS

- 1. Pregnant or Nursing Mothers:** Hormonal changes can affect pigment retention and healing.
- 2. People with Autoimmune Diseases:** Conditions like lupus or rheumatoid arthritis can affect healing or increase the risk of complications (consult with a doctor first).
- 3. Individuals with Diabetes:** Especially if uncontrolled, as healing may be slower, and there's a higher risk of infection.
- 4. Blood Disorders:** Clients with hemophilia or blood clotting issues are not ideal candidates.
- 5. Keloid Prone Skin:** Those who are prone to keloid scarring may not heal well.
- 6. Skin Conditions in the Brow Area:** Active eczema, psoriasis, dermatitis, or rosacea can affect pigment absorption.
- 7. Active Infections or Illness:** Cold sores, shingles, or other infections should heal fully before considering the procedure.
- 8. Blood Thinners:** Clients on medications like warfarin, aspirin, or fish oil may bleed excessively, which affects pigment retention.
- 9. Accutane Users:** Those currently using or have recently stopped Accutane (within 1 year) may have thin, overly sensitive skin.