

## Microblading Aftercare Instructions

It is essential that you follow these instructions after your Microblading session:

**Day One (Day of treatment):** Wait 1-2 hours and let the wounds weep lymph. After 2 hours you must wipe off the lymph with a moistened cotton pad, then apply a thin layer of Aquaphor with a cotton swab. Do this every hour on the hour until bed.

At night wash the treated area with warm water and mild soap like Cetaphil. Wash your hands with a disinfectant soap before washing your eyebrows and/or applying the post-care cream.

NOTE: Too much Aquaphor will cause the pigment to scab. Aquaphor is available in the skin care section of any drug store.

**Day Two – Nine:** Repeat the wiping of the brows at least 2 times a day. At night wash the treated area with warm water and mild soap like Cetaphil. Wash your hands with a disinfectant soap before washing your eyebrows and/or applying the post-care cream.

The following **must be avoided** during all nine days post-microblading procedure:

- Sweating. It is recommended not to sweat for the first 10 days after the procedure. Sweat is salt and can prematurely fade the treated area.
- Practicing sports
- Swimming
- Hot sauna, hot bath, or Jacuzzi
- Sun tanning or salon tanning. Absolutely No Sun, sweating, or tanning prior to the procedure or after the procedure for 2 weeks. Do not have a tan/sunburn on your face prior to your procedure. The tan will exfoliate taking color with it as it fades.
- Any laser or chemical treatments or peeling, and/or any creams containing Retin-A or Glycolic Acid on the face or neck
- Picking, peeling, or scratching of the micro pigmented area in order to avoid scarring of the area or removal of the pigment
- Performing tasks related to heavy household cleaning such as garage or basement cleaning where there is a lot of airborne debris
- Spicy foods
- Smoking
- Drinking alcohol in excess, as it may lead to slow healing of wounds
- Driving in open air vehicles such as convertibles, boats, bicycles, or motorcycles
- Touching of the eyebrow area except for when rinsing and applying the post-care cream with a cotton swab

## **AFTERCARE INSTRUCTIONS CONT'D**

Before showering apply a layer of post-care cream to protect your eyebrows from moisture. During the shower keep your face away from the showerhead.

Itching and flaking may appear during the first seven days post-microblading procedure. However, experience has shown that by following these after-care instructions, these symptoms may quickly disappear.

The healing of deeper wounds might last between 14-21 days. Touch-ups and/or correction of the shape-design is recommended only after this period.

If you have any unexpected problems with the healing of the skin, please contact \_\_\_\_\_ immediately, to discuss further instructions.

\_\_\_\_\_ can be reached on his/her cell phone: \_\_\_\_\_

### **What to expect during and after your microblading session**

Your new temporary eyebrow will go through several phases during the healing cycle.

The pigment will appear very sharp and dark immediately after the procedure. This is because the pigment is still sitting on top of your skin, and has not yet settled in completely. The color of the pigment will soften gradually. Do not be alarmed if you see some pigment on the cotton swab, as this is excess pigment and/or body fluid that is naturally exiting your skin.

Once the healing of the skin starts taking place, it will look like dandruff flakes or dry skin. This might give you the impression that the color pigment is fading too quickly, however, this is just superficial color and dry skin being naturally removed from your eyebrows.

Once completely healed, after 2 weeks, always apply a layer of sunscreen SPF 30 up to SPF 50 on your eyebrows when exposed to the sun. Sun exposure might cause the color pigment to fade away more quickly.

You can now enjoy your beautiful new temporary eyebrows. You will simply love your new gorgeous fresh look!