



## **Contraindications Pre and Post Instructions**

**\*\*VERY IMPORTANT---PLEASE READ\*\***

**\*\*It is very important you follow these rules as medical conditions can affect the outcome of your eyebrows. Please notify me if you have any of these or other medical conditions before making your appointment. If you come to your appointment and you have a sunburn, have had a facial treatment or any other contraindications we will not be able to do your procedure and you will lose any deposits you have made. We reserve a 2 hour time block for each initial microblading procedure. Please double check this list! Thank you!\*\*\***

What do I need to know before the service?

Follow these instructions to maximize your results and avoid rescheduling when you show up.

- No working out or any activity that will cause sweating the day of and for 7 days after procedure.
- No aspirin, niacin, vitamin E or C, or ibuprofen 48-72 hours prior unless otherwise directed by a physician. Tylenol is ok.
- No waxing 3 days before your appointment.
- If you are on blood thinners we will not be able to do this procedure.
- Procedure will NOT be performed if you are pregnant or nursing.
- No botox or fillers 4 weeks prior or after procedure
- No tanning or excessive sun one week prior. If you come to your appointment with a sunburn you will not be able to get microblading.
- No Retin A or retinols for 7 days prior
- No Accutane for 1 year. NO exceptions.
- No alcohol or caffeine 24 hours before.
- No chemical peels, microdermabrasion, or resurfacing facial treatments 4 weeks prior.
- Being on your menstrual cycle can cause hypersensitivity and the procedure can be more painful.
- The procedure will NOT be performed if you have any lesions, irritation, or pimples. Moles are to be removed prior, and need to heal 1 month before microblading.
- There is no guarantee how your skin will heal and take to the pigments. Every client has unique skin and some may take to the pigment better than others.

## Other Contraindications:

Any medical conditions that can effect your healing process and/or make your blood thinner will have to have a doctor's note before you can book and receive a microblading service. Conditions such as diabetes, cancer, autoimmune disease, or hemophilia, also if you are undergoing chemotherapy, allergic to lidocane, or on blood thinners or any other medications will require a doctor's note.

### What can I expect after?

- Moderate swelling or redness for the first 5 days. Apply a Ziploc bag filled with water and ice for no more than 15 minutes at a time to reduce swelling.
- Scabbing or flaking of the skin. If there is some scabbing or flaking, do not pick, and allow the scab or dry skin to come off on its own.
- It is normal for lines to look blurry and faded during the healing phase. Lines will darken and sharpen once they heal, about 30 days.
- Results vary with every client, you can loose 10%-50% of pigment during the healing process. It can lighten or hair strokes may fall off. Touch ups may be required.

*How do I take care of my eyebrows after the procedure?*

Taking good care of your microbladed eyebrows is crucial to achieving the best result.

**The day of the treatment: Absorb**

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

**Days 1-7: Wash**

Wash daily to remove bacteria and dead skin. (Don't worry....THIS DOES NOT REMOVE THE PIGMENT!)

Gently wash your eyebrows each morning and night with water and an antibacterial soap like Dial Soap, Cetaphil or Neutrogena. With a very light touch, use your fingertips to gently cleanse the eyebrows. Rub the area in a smooth motion for 10 seconds and rinse with water ensuring that all soap is rinsed away. To dry, gently pat with a clean tissue. DO NOT use any cleansing products containing acids (glycolic, lactic, or AHA), or any exfoliants.

**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.

**AWM** should have you covered, but here are some extra tips to help with a smooth and easy recovery:

## **Important Reminders**

- Use a fresh pillowcase
- Let any scabbing or dry skin naturally exfoliate away. Picking can cause scarring or loss of color
- No facials, botox, chemical treatments or microdermabrasion for 4 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.

Remember, with the proper prep and aftercare routine you will have much better results with your microblading procedure. Don't forget your new favourite acronym: AWM - **Absorb, Wash, Moisturize!**

Wait 6 weeks to come in for your touch up. We can add more color and more hair strokes on the second visit. This time you can dictate weather you prefer lighter or darker ink. We will design your brows to suite you, be patient everything must settle. It is normal for your brows to look faded during the healing process, the lines will sharpen up after the scabbing process is complete.

### **Pre-Cautions**

- No Neosporin, Vaseline or other petroleum products while your brows are healing. No anti-acne products (e.g. Benzoyl Peroxide, Pro-active) or lightening creams (bleach creams) hydroquinone on or around your brows since they will cause rapid fading. No anti-aging products or facial products containing Alpha Hydroxyls (AHAs), Retin-A, Lactic or Glycolic Acids.
- No makeup, pencils, etc... for 2 weeks
- Do not scrub, scratch or pick tattooed areas or you will lose color that may not be repairable.
- Do not expose tattooed area to sun or tanning beds
- Do not tweeze, wax, thread or use any hair removal products around the eyebrow area until two weeks following the procedure.
- Be careful to avoid infection of the tattooed area for 15 days after the procedure: Always wash your hands before touching the tattooed areas.
- Face peels, even mild ones, microdermabrasion and laser treatments may cause pigment to lighten.
- Any removal of dead cells on brow area can cause pre-mature fading.

- No swimming pools, Jacuzzis or other bodies of water for 15 days. No physical activity that will cause excessive sweating for 10 days
- After scabbing phase, pigment will eventually return to the surface and look more defined.
- Results vary with every client, there are no guarantees the pigment will stay, or for how long. Everyone is different. You can lose 10%-50% of pigment during the healing process. It can lighten or hair strokes may fall off. Touch ups may be required.

Thank you for choosing me to be your eyebrow artist! Call me with any questions or to schedule a touch up



**Day 1: OMG! I'm in love with my new brows. Thank you!**



**Day 2-4: I don't like this color, it's too dark.**



**Day 5-7: Oh, no! My brows are scabbing and falling off.**



**Day 8-10: WTF? My brows are gone!**



**Day 14-28: Thanks God my brows are coming back! Still looking patchy and uneven.**



**Day 42 (after touch up): Aww, they're beautiful! I love them! Thanks again!**