

MICROBLADING PRE-CARE

The brow and area around the brows must be strong, healthy, and non-irritated.

For health and safety reasons, you may **NOT** have microblading done if you:

- are under the age of 18
- get Keloid scars
- are pregnant or breastfeeding
- are anemic/have low iron levels
- have been on Accutane within 1 year
- have irritation of the skin of any kind (blemishes, pimples, rash, psoriasis, eczema, rosacea, sunburn on the area of procedure)
- are on Retin-A or Retinols (be off 14 days before appointment, and avoid 30 days after procedure)
- are diabetic (consult your doctor)
- have HIV, Hepatitis or any other viral infections and/or diseases
- are undergoing chemotherapy (consult your doctor)
- have epilepsy
- have a pacemaker or major heart problems
- have had an Organ transplant
- you don't heal well and develop infections easily

If you are able to have the microblading procedure, please review the following to make sure you're properly prepared for your appointment:

- Do not tweeze/pick/wax/thread/perform electrolysis on your brows 1 week before the procedure
- Do not tan 2 weeks prior, as this will affect the outcome of the healed colour
- Do not drink **caffeine** less than 24 hours before
- Do not drink **alcohol** less than 24 hours before
- Do not take Advil, Aspirin, Niacin, Vitamin E and/or Ibuprofen (unless medically necessary) 48-72 hours prior to your procedure, as this thins the blood
- Extra strength **Tylenol** can be taken if you have low pain tolerance
- **Botox** should be done 1 month before or 2 weeks after the procedure
- Do not **exercise** the day of procedure, as this will open up the pores
- Please note that you will be more sensitive during your menstrual cycle, do not book your appointment during this time

- Immediately following your procedure, the microbladed area will appear to be darker, bolder in color, and more sharply defined. Over the next 2 days it will appear even darker and thicker as scabs begin to form. You must let the scabs naturally flake off bit by bit. It will take up to 14 days for scabbing to be over
- Do **NOT** get the area wet for too long or apply any kind of products for at least 2 weeks after
- Only apply provided aftercare products for the next 2 weeks
- **NO makeup** on the area for 2 weeks
- If you've had laser removal of previous work done by someone else, the treated area has now more scar tissue and can affect the outcome of the result; more treatments may be necessary to have the skin take the colour

At your microblading appointment, be prepared to lay still for an extended period of time. Wear comfy clothing, and arrive wearing no makeup.

AFTERCARE

Please avoid when healing:

- brow makeup for the first 2 weeks
- sunscreen on brows for the first 2 weeks
- botox for first 2 weeks
- swimming pools, hot tubs, jacuzzis, lakes for first 2 weeks
- scratching/removing scabs, as this can cause scarring or loss of colour
- water on your brows
- the use of cleansers, soaps, or heavy creams
- the use of Vaseline/Neosporin/Polysporin
- activities that cause sweating for the first 10 days, as this can cause the strokes to heal blurry and fine detail is lost
- sleeping on your face for the first 10 days
- UV exposure, including tanning beds for 4 weeks
- laser light therapy
- facials, massages, and chemical treatments for 4 weeks
- long, hot showers and steam
- bleaching, tinting, or dyeing your brows for 1 month
- applying anti-acne products while healing
- threading, waxing, and hair removal during healing

About 6-8 weeks after your first microblading procedure, you should book a touch-up appointment. The touch-up is crucial as a final step in defining, adding depth, and really perfecting the appearance of your new brows.

IMPORTANT INFO

Each skin type will respond differently when healing. The time it takes for your brows to heal, the number of sessions you may need, and colour retention are all affected by the condition of your skin and whether you adhere to your aftercare instructions.

Your new microbladed brows **may not last as long** if you have very oily skin, very sensitive or reactive skin, acne-prone skin, thick/coarse brow hair, or a skin condition such as eczema, psoriasis, rosacea, or melasma. Smoking may also cause microblading to fade very quickly.

Microblading heals **best on dry skin types**. The aftercare routine provided will mimic consistently dry skin in order to optimize the healing process.

The visible top layer of your skin will heal in 2 weeks; a microblading **touch-up** is highly recommended 6-8 weeks after the initial procedure, as the full healing process should be complete. The touch-up appointment is important, as the first appointment will build the shape and symmetry of your new brows, and the touch-up will allow the artist to perfect your brows and add density.

WHAT TO EXPECT: APPEARANCE

Over the first few days, your new brows may appear much darker in colour and more sharply defined. The hair strokes may blend or look wet. There will be a minor amount of scabbing as the skin heals; this will cause dryness and flakiness, which will naturally fall off as the healing continues. This is normal. Please do not itch or remove the scabs; all the flakiness must fall off naturally to give you the best looking results. Your brows will lighten after a few days as the skin sheds, and the fine hair strokes will become clearer. Please note that the oilier your skin, the less defined your strokes will be after they heal. This is why keeping the brows as dry as possible is so important, because doing so will give you more crisp, defined results.

Instructions: Day-Of

On the day of your microblading procedure, there should only be minimal residual discomfort in the microbladed area. It often feels similar to a sunburn. This is completely normal; the discomfort and any redness will subside in 24-48 hours.

Please make sure to thoroughly **wash your hands** before touching your brows during the aftercare process.

It is important to absorb any excess lymph fluid on the brows. Using a small amount of warm water and a cotton swab or tissue, gently wipe or dab the brow area. On the first day, do this every 5 minutes until the excess fluid stops.

Day 2-4

Clean your brows 2-3 times per day with a damp cotton swab, then pat dry. Apply a thin layer of ointment, but only if necessary! The goal is to keep your brows as dry as possible. If your brows feel unbearably itchy, dry, and uncomfortable, use only a grain-of-rice sized amount of Microbalm, coconut oil, or Aloe Vera.

Day 5-14

Repeat the same water and cotton swab cleaning process. You may also use a grain of rice-size amount of Microbalm ointment on your brows after cleaning. Always wait for the brows to dry completely before applying ointment. This is only for brows that feel very tight and dry; do not over-apply ointment, as this will suffocate the skin and delay the healing process.

For any additional questions or concerns, please contact Ashley:

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