



## **Microblading & Powder Brow Procedure Prep**

To ensure the best results, here is a list of what to do and not to do prior to your appointment:

### **Prescription Medications:**

Prescription Medications: If you are under the care of a physician and taking prescribed medications, you should check with your doctor regarding interactions prior to scheduling an appointment.

### **Prep For Your Procedure:**

\*DO NOT drink coffee, alcohol, or energy drinks 24 hours before your procedure to avoid bleeding/oozing and scab formation.

Not following these steps WILL lead to excess bleeding, blurry strokes and undesirable color.

\*DO NOT discontinue medication prescribed by your physician without consulting them first. Otherwise, at least 48 hours prior to the procedure.

\*You should avoid taking the following:

•Ibuprofen, Motrin, Advil, Aleve, Naproxen, Aspirin, Fish Oils, Vitamin E, Blood Thinners (consult your physician).

### **\*THINGS TO HAVE: (Home Care)**

- Ice Packs
- Q-Tips
- Huggies baby wipes( fragrance free)
- Saline Eye Wash Solution



**Before And After Care:**

**\*General rules for all procedures:**

**\*We recommend washing your hair if needed before any procedure is done, as you can not get the treated area wet for at least 3 days\***

- No sun or tanning 2 weeks prior to the procedure or after.
- Avoid rapid exfoliants on area to be microbladed/tattooed. (Retin-A, glycolic acid).
- Avoid laser treatments, chemical peels and intensive facial treatments 1 month prior to the procedure.
- If currently on Accutane (To treat acne), the procedure can not be performed before at least 6 months after the completion of the treatment.
- Do not have any type of facial treatment 2 weeks prior to procedure.
- Do not work out the day of the procedure.
- Avoid heavy exercise and sweating at least 24 hours after the procedure.
- Stop the use of multivitamins 24 Hrs before your procedure
- No electrolysis on the area of the procedure.
- Do not take aspirin, niacin, vitamin E, Fish oil, ibuprofen unless medically needed 48 hours prior to a procedure.(They are natural blood thinners)
- Do not smoke any marijuana 24 hours before your appointment.
- Avoid caffeine prior to procedure.
- Avoid direct water on treated area. The area shall remain dry for 3 days in a row after the procedure. (Please wash hair prior to your procedure if needed)
- Avoid extreme exercise immediately prior to the procedure or directly after.

- No pools until fully healed, we advise a full 7 days.
- Please allow time for the procedure to heal before going on vacation, or any special events.
- Only touch the treated area with a q-tip if feeling itchy.
- Do not pick or purposely remove any scabs or flakes from your treated area, this is how the healing process is, any scabs/dry skin, that is picked at with fingers will result in no pigment retention. No free follow up touch ups at this point.
- Swelling and redness is normal for all procedures. Applying ice for about 3 hours will soothe and calm the treated area.
- Dry skin or itching, tenderness to treated area is normal! These symptoms will dissipate.

**Before Your Procedure:**

**\*Before The Eyebrow Procedure:**

- Do not wax, dye or tweeze the brows 1 week prior to the procedure.
- Electrolysis should not be done 1 week prior to the procedure.(Eyebrow Region)
- Botox should be avoided 3 weeks prior to the procedure.

**Eyebrows:**

1. Bring your favorite daily eyebrow pencil. Please come to your appointment without makeup unless you have a specific style you desire.
2. Apply the Vit A&D after care (provided by your artist) 2 days after the procedure in a thin layer using a q-tip.
3. DO NOT RUB, SCRATCH OR PICK AT YOUR EYEBROWS! Let any residual pigment come off naturally, for best healing and color retention.

\*\*\* The color will fade and may become blotchy and super light within the first 15 days, THIS IS NORMAL.

The color will fully develop and settle in 4 weeks.\*\*\*

“Small Details Make A Big Difference “

Thank you,  
Lasting Impression