

# Microblading / Powder Brows / Nano Brows

## *ALL PMU BROWS*

### **Pre and Post Care Instructions**

#### **SKIN PREPARATION:**

To perform cosmetic tattoo procedures, the skin must be hydrated and moisturized on the day of your appointment.- **NO EXCEPTIONS**. Please come to your appointment with a makeup free face (no foundation, blush, mascara, etc) regardless of the treatment area.

#### **PAIN PREPARATION:**

Though the sensation of micro-pigmentation is minimal, all clients will respond to pain differently. To alleviate possible discomfort, a topical anesthetic will be applied during the procedure. Please do not take any blood thinners such as Ibuprofen and Aspirin 24 hours before. Tylenol can be taken 30 minutes before your treatment without any contraindications. Please note that you will be more sensitive 5 days before, during, and 5 days after your menstrual cycle.

The following restrictions are to ensure your skin is in the best possible condition for an amazing procedure. Please read carefully:

**CANNOT BE PREGNANT or NURSING.** No Accutane in the last year.

#### **ADDITIONAL INFORMATION:**

- The skin should not be dry, chapped, or irritated on the day of the appointment. Cristal Walker LLC, reserves the right to cancel you appointment if your brow area is not in optimal condition for the treatment.
- Your brows will be darker and may experience minor flaking during the healing process; please make sure you don't have anything important for the next 1-5 days after your visit (depends on the person).
  - If you use or have used RetinA or any other medications, please advise the technician.
  - Do not exercise the day of the procedure.
  - Do not tan or come with a sunburned face.
  - Do not consume caffeinated products 24 hours before the procedure.
  - Do not consume alcohol 5 days before your procedure and 3 days after.
  - Do not take Aspirin, Niacin, Vitamin E, or Ibuprofen 72 hours before the procedure.
  - Avoid Chemical Peels, Botox, Laser treatment 2 months before your appointment.

# **Brow After-Care Instructions**

## **HOW TO CLEAN YOUR BROWS, DAY 1 & 2**

For the first 3 hours following your treatment, blot the treated area every hour with a paper towel or something lint free. On the second day, wash gently or blot or gently wipe the treated area three times, morning, afternoon and evening.

How to wash: Use pea size amount of fragrance-free gentle cleanser (cetaphil, baby shampoo, dial, anti bacterial soap). Mix a pea size amount with clean cool water, make mixture and gently pass over brow (do not rub). Very gentle pressure. **DO NOT SOAK**, this is just a very gentle pass over treated area.

## **IMPORTANT**

It is normal to be excited about your new brows; however do not touch, pick, peel, tamper, scratch, rub, injure or remove the peeling in any way, you will damage the color and affect the retention. Let the skin naturally go through the healing and recovery process.

**DO NOT** sleep on brow or have anything rub or touch them.

It is normal because of the skins natural healing and regeneration process for clients to experience color loss or what appears to be color loss, causing the brows to look uneven or even disappear all together in some areas. This is the reason we require a minimum of two treatments, your follow up appointment, so we can ensure the best possible results, make any minor changes and pigment the area slowly for the most natural results.

## **DURING THE NEXT 5 DAYS**

You will start to experience a dry sensation in the treated area. Once this begins to happen you may apply a rice grain size amount of ointment (A&D, aquaphor, coconut oil, grapeseed oil, tattoo aftercare). This can vary from client to client. If you have extremely oily skin and do not experience this dryness **DO NOT** apply the ointment as it will affect your retention.

Abstain from any physical activity. Do not let any sweat, water, lotion, soap, or makeup touch the treated area. You may apply a thin layer of ointment when showering or washing your face to protect the area from steam and moisture.

You may wash your face normally after the 5th day.

## **DURING THE NEXT 14+ DAYS**

NO hot sauna, swimming pool, ocean, hot bath/shower, sun tanning, tanning salons

NO massages, facials, waxing, threading, laser or skin treatments.

NO lash extensions or lash fills while brows are fresh or scabbing since most artist rest hands on brows while performing service.

DO NOT expose the area to unsanitary or dirty conditions. Do not garden, clean house fans, clean out garage... nothing that involves debris from entering the open wound.

### **30 DAYS**

Do not use products containing alcohol or products that contain glycolic, lactose, or fruit acids and avoid salt or saline on the treatment area.

Avoid any filler/botox/injection to the brow area in between first and follow up session.

Avoid any prolonged sun exposure. After 30 days your brows are healed and you should begin to always apply SPF 30 on the tattooed area.

Avoid excess face tanning/sun exposure as it will shift the color of your brows.

### **Continued Care:**

All the same Pre and Post Care instructions must be followed before your next session.

Maintenance Grooming is recommended every few months to keep your brows looking their best until your yearly touch up.

After your initial touch up, your next touch up shouldn't be needed until around the 10-18 month mark. After that your brows may need a "color boost" about 2 years after. If you no longer want to maintain your brows, they will slowly fade out on their own.