

What to Do Before & After Your Microblading Procedure

The right pre-care and aftercare can truly make a MASSIVE difference in your results. This care advice will help to ensure that you get the best results possible.

The Prep:

In order to get a good result, it all starts with good pre-care before your treatment. The eyebrow area must be healthy, strong, non-sensitive, and non-irritated. Here is how to get your skin ready for the procedure:

- Do not pick/tweeze/wax/perform electrolysis one week before the procedure
- Do not tan two weeks prior to the service, or have a sunburned face
- Do not have any type of facial 2 weeks prior to the procedure
- Do not work out the day of the procedure
- Do not have Botox 3 weeks prior to the procedure
- Do not take Fish Oil or Vitamin E one week prior to the procedure (they are natural blood thinners)
- Do not wax or tint your eyebrows 3 days prior to the procedure.

In order to avoid excessive bleeding and poor colour deposit:

- Do not drink alcohol 24 - 48 hours before your tattoo
- Do not consume coffee before your procedure
- Do not take an Aspirin or Ibuprofen for pain relief (these also thin the blood)

Now that you know what NOT to do, it's time to share my secret recipe for getting amazing microblading results! It's all in the AFTERCARE.

The day of the treatment:

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

Days 1-7: CLEAN

Wash/clean with dampened cotton pad twice daily to remove build-up of product and oils, and dead skin. (Don't worry, THIS DOES NOT REMOVE THE PIGMENT!)

DO NOT use any cleansing products containing acids (glycolic, lactic, or AHA), or exfoliants.

Days 1-7 Moisturize & Disinfect

After cleaning, apply very thin layer of antibacterial cream - Bepanthen (available from all chemists and most supermarkets). Apply a rice grain amount of bepanthen 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 cream should be barely noticeable on the skin. NEVER put the cream on a wet or damp brow after treatment.

EXTRA tips to help with a smooth and easy recovery:

Important Reminders

- Use a fresh pillowcase while you sleep.
- Let any scabbing or dry skin naturally exfoliate away. Picking can cause scarring or loss of colour.
- 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 the procedure. Wear a hat when outdoors.
- Avoid long, hot showers for the first 10 days, steam will make brows too wet.
- Avoid sleeping on your face for the first 10 days.
- Avoid swimming, and hot tubs for the first 10 days,

- Avoid topical makeup and sunscreen on the area.
- DO NOT rub, pick, or scratch the treated area.

Remember, with the proper prep and aftercare routine, you will have much better results with your microblading procedure.

Important note about showering:

Limit your showers to 5 minutes so that you do not create too much steam. Keep your face/procedure area out of the water while you wash your body, then, at the end of your shower, wash your hair. Your face should only get lightly wet while washing your hair (try to keep your face out of the water). Avoid excessive rinsing and hot water on the treated area for the first 10 days.

If you have any questions, please contact the clinic via email or phone immediately.

XX

Martha

The Brow Institute

Email: info@thebrowinstitute.com.au

Phone: 0401584472

Address: Shop 2, 668 Botany Road, Alexandria

Webpage: thebrowinstitute.com.au

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