

## Microblading & Ombre Brows Pre & Post Treatment Information

### Pre Treatment

- The skin in the area must be free of all irritations including ingrown hairs, breakouts, eczema, and psoriasis.
- We recommend no caffeine, nicotine or alcohol at least 12 hours prior to treatment, as they increase blood flow & can affect the pigment retention.
- No excessive exercise 24 hours before treatment as this increases blood flow.
- Any waxing/tinting/threading must be done at least one week prior to the treatment.
- No Botox at least 3 weeks prior to the treatment as Botox affects the facial muscles in the area we are working on.
- If possible at your appointments please wear your usual daily makeup, to help assess your comfort zone in terms of colour, shape etc.

### Post Treatment

- The first 12 hours after semi-permanent makeup are crucial and will influence the rest of your healing process please take particular care in these first hours.
- For the first 7 days do not get your eyebrows wet.
- Do not apply makeup directly on the area for 14 days.
- Exercise and excessive sweating to be avoided for 9 days post treatment.
- Swimming, sauna, steam room, Jacuzzi to be avoided for 14 days post treatment.
- Sun tanning, sun beds etc to be avoided for 2 weeks post treatment.
- Drinking alcohol in excess can slow down skin regeneration process.
- Heavy household cleaning where you are exposed to airborne debris is to be avoided 48 hours post treatment.
- Do not pick or peel at scabs allow them to fall off naturally.
- Do not scratch the area to avoid scarring or losing the pigment.
- Do not apply skin products directly on the area if they contain AHA's eg glycolic acid, salicylic acid, lactic acid, Retin A for 30 days post treatment.
- Avoid chemical peels, laser, Microdermabrasion and any other forms of skin resurfacing for 30 days post treatment. Please be aware that any treatments that work to resurface the skin and encourage skin cell renewal could potentially fade the pigment. Therefore if undertaking any of these treatments in the future please inform the relevant clinician that you have had SPMU so they can avoid the area for you.
- Once fully healed always apply a minimum of SPF 30 when exposed to sunlight to help retain the pigment so you get longer lasting results.

## What should I expect after my treatment?

- The Healing process after any semi permanent makeup procedure is not always straightforward, therefore a lot of patience is needed to finally see the healed result, please read through the following information carefully as this will help give you the best possible results.
- It is very important to follow these pre and post treatment instructions to allow your skin to regenerate quicker, avoid complications and get a better colour retention and final result.

Your new semi permanent eye brows will go through several different phases before fully healing:

1. In the first couple of days the pigment will appear quite sharp and dark, do not worry this is because the pigment is sitting fresh on the surface of the skin and has not set in yet, gradually the colour will soften.
  2. In a few days once the healing of the skin starts to take place you will be able to see visible dry skin flakes/scabs on the area this is completely normal, it usually occurs in the first 7 days as well as slight itching. Do not pick or peel, allow the scabs to flake away naturally. Underneath it will give you the impression that the colour pigment is too faded or looks patchy.
  3. Your eyebrows will then be the lightest tones during days 5-10 because the colour is absorbed in the deeper layers of the skin. In 4-6 weeks new skin cells will push it back to the upper layers so the pigment is more visible.
- True reflection of the healed colour can only be assessed 4 weeks following the treatment as it takes this amount of time for the skin tissues to fully heal and recover. It is very common for some areas of pigment to have faded or been lost even if you have followed the aftercare advice perfectly, this is why we require you to book a follow up appointment 4-6 weeks post treatment so we can make any touch ups required.

## Microblading & Ombre Aftercare Application:

- Always wash hands before, to avoid infection.
- Always apply the aftercare balm in a **thin transparent layer** so the skin can breathe, using a **clean, dry** cotton wool bud. **Over moisturising** the area will have a negative impact on the pigment.
- Always apply a fresh application of the aftercare balm before getting into the shower in the first 8 days.
- If your brows do get splashed please gently dab dry with a clean tissue.

Day 1 – Every 2 hours gently pat over the area with a **clean cotton pad that has been dampened with micellar water or saline solution.**

Allow to air dry or pat with a clean dry tissue & apply a thin layer of the post care balm with a clean, **dry cotton bud.**

Day 2 – **When you first wake up** gently pat over the area with a **clean cotton pad that has been dampened with micellar water or saline solution.**

Allow to air dry or pat with a clean dry tissue & apply a thin layer of the post care balm with a clean, **dry cotton bud.**

**Then for the rest of the day; Every 4 hours** gently pat over the area with **clean, dry cotton pad** & apply the post care balm.

Day 3 – Apply the aftercare balm before getting into the shower, otherwise leave to heal dry.

Day 4 – Apply the aftercare balm before getting into the shower, otherwise leave to heal dry.

Day 5 – Apply the aftercare balm before getting into the shower, otherwise leave to heal dry.

Day 6 – Apply the aftercare balm before getting into the shower, otherwise leave to heal dry.

Day 7 – Apply the aftercare balm before getting into the shower, otherwise leave to heal dry.

Day 8 – Apply the aftercare balm before getting into the shower, otherwise leave to heal dry.

Remember to keep your aftercare balm with you in case the brows start to get itchy, if they do then apply a small amount.