



Microblading Instructions

Please remember after care instructions **are under your control** and what you do has a direct effect on the success of your treatment. For optional results, and to minimize the chances of adverse effects, please adhere to the following instructions and recommendations.

Pre-treatment:

- Do not work out 24 hours before procedure.
- No alcohol or caffeine 48 hours before procedure (yes, there is caffeine in decaf coffee and tea!).
- Avoid sun and tanning one prior to procedure.
- Do not take Aspirin, Niacin, Vitamin E, or Advil/Ibuprofen 48 hours before procedure.
- Avoid fish oil, prenatal vitamins, nutritional shakes (Shakeology, etc.), "Hair, Skin, Nail" supplements 48 hours prior to procedure.
- Discontinue Retin-A at least 4 weeks prior (and avoid on eyebrow area after procedure).
- Refrain from use of any Alpha Hydroxy Acid (AHA) products close to the eyebrow area 2 weeks prior (and avoid on eyebrow area after procedure).
- Botox and filler on the forehead, temple, and eye area should be avoided 1 month prior to procedure for those who do not regularly receive injectables.
- No brow waxing, tinting, or threading one week prior (the more natural hair growth you have, the better!).
- Avoid Chemical Peels, Microdermabrasion, or facials for 4 weeks prior procedure.

Please Note: You will be more sensitive during your menstrual cycle.

Post-treatment:

Your Definition Brows generally last between 12-18 months, but certain factors such as aftercare, skin regeneration and body chemistry may prolong or shorten the expected durability.

- Do not apply makeup directly on the brows during the healing process.
- Do not use Peroxide or Neosporin on treated areas.
- Do not get the eyebrows wet for 7-10 days during the healing process. Consult with your practitioner before wetting brows.
- If your eyebrows get wet during this time, pat them dry with a towel (DO NOT RUB) and contact your practitioner.
- Do not rub, pick, or scratch your brows following the procedure and during the healing process.
- If your eyebrows scab, become slightly dry, or itchy, DO NOT SCRATCH THEM. Gently tap them to release the itch.
- Notify your instructor if perfecting visit is needed 6 weeks after your initial procedure.
- Avoid excess exposure to the sun or tanning beds as this can make them fade and can affect the healing process.
- Avoid daily skincare products, especially those containing acid (glycolic acid, salicylic acid, etc.) As well as anti-aging products, skin lightening products (such as Tretinoin), or those that speed up the skin renewal process directly on the eyebrows.
- Our pigments are MRI safe, but if you are due or have to have an MRI scan, please inform your doctor that you have had microblading done.
- Apply your aftercare products as directed:
 - First six (6) weeks: Apply Definition Brows Protective balm as needed to keep treatment area moist at all times.
 - 6+ weeks: After area is fully healed, keep area protected with an SPF of 15 or greater.

Once healed, you can enjoy your eyebrows to the fullest.

Printed Name: _____

Signature: _____

Date: _____