**Microblading Aftercare Instructions**

It is essential that you follow these instructions after your microblading session:

Day One (day of treatment): Keep silicone Band-Aid on for 24 hours. After 24 hours, wash gently using only fingertips with lukewarm water and mild (unscented) soap.

OR

Day One (day of treatment): You must rinse your eyebrows with clean water on every hour after the microblading procedure, followed by the post-care cream. Aquaphor is recommended, and is available in the skin care section of any drug store. Apply the post-care cream with a cotton swab, and use non aggressive movements and/or manipulation of the skin. Wash your hands with a disinfectant soap before washing your eyebrows and/or applying the post-care cream.

Day two-day nine: Either leave dry (recommended for oily skin) or apply the post-care cream (Aquaphor, grapeseed oil, or Hustle Butter) with a cotton swab without using aggressive movement and/or manipulation of the skin. Wash your hands with a disinfectant soap prior to washing your eyebrows and/or applying the post care cream.

The following **must be avoided** during all nine days post-microblading procedure:

* Increased sweating. It is recommended not to sweat (heavily) for the first 10 days after the procedure. Sweat is salt and can prematurely fade the treated area.
* Practicing sports
* Swimming
* Hot Sauna, Hot baths, or Jacuzzi
* Sun tanning or salon tanning. Absolutely no sun, sweating, or tanning prior to the procedure or after the procedure for 10 days. Do not have a tan/sunburn on your face prior to the procedure. The tan will exfoliate taking color with it as it fades.
* Any laser, chemical treatments, facial peel, and/or creams containing Retin-A or Glycolic Acid on the face or neck
* Picking, peeling, or scratching of the micro pigmented area in order to avoid scarring of the area or removal of the pigment
* Performing tasks related to heaving household cleaning such as garage or basement cleaning where there is a lot of airborne debris
* Spicy foods
* Smoking
* Drinking alcohol to excess, as it may lead to slow healing of wounds
* Driving in open air vehicles such as convertibles, boats, bicycles, or motorcycles
* Touching of the eyebrow area except for when rinsing and applying the post-care cream with a cotton swab

Before showering, apply a layer of post-care cream to protect your eyebrows from moisture. During the shower, keep your face away from the showerhead.

Itching and flaking may appear during the first seven days post-microblading procedure. However, experience has shown that by following these after-care instructions, these symptoms may quickly disappear.

The healing of deeper wounds might last between 14-21 days. Touch-ups and/or correction of the shape-design is recommended only after this period.

If you have any unexpected problems with the healing of the skin, please contact Kate immediately to discuss further instructions. Kate can be reached on her cell phone at 317-507-4774.

**What to expect during and after your Microblading session**

Your new temporary eyebrow will go through several phases during the healing cycle. The pigment will appear very sharp and dark immediately after the procedure. This is because the pigment is still sitting on top of your skin, and has not yet settled in completely. The color of the pigment will soften gradually. Do not be alarmed if you see some pigment on the cotton swab, as this is excess pigment and/or body fluid that is naturally exiting your skin.

Once the healing of the skin starts taking place, it will look like dandruff flakes or dry skin. This might give you the impression that the color pigment is fading too quickly, however, this is just superficial color and dry skin being naturally removed from your eyebrows.

Once completely healed, always apply a layer of sunscreen SPF 30 and up to SPF 50 on your eyebrows when exposed to the sun. Sun exposure might cause the color pigment to fade away more quickly.

You can now enjoy your beautiful new eyebrows! You will simply love your new, gorgeous, fresh look!