#  Aftercare Instructions

It is essential that you follow these instructions after your Microblading/Powder/Ombre brow session:

Day 1 (Day of treatment): First make sure your hands are completely clean before caring for your eyebrows. Dab lymph off with a moistened cotton pad every hour, this prevents scabbing. Tonight you can wash your entire face with water and Cetaphil, but be careful around the eyebrow area. Gently dab your eyebrows dry before applying a thin layer of aftercare lotion.

Day 2-10: Morning and night wash your face and brows using luke-warm water and Cetaphil, apply aftercare cream twice a day with a cotton swab or with your CLEAN finger, gently, and in a thin layer. Make sure the old layer of aftercare lotion is cleaned off before applying a new layer.

You may apply the aftercare cream in a thin layer prior to showering to protect the eyebrows from moisture, but try to keep your face away from the shower head.

Please don’t use aggressive movement and/or manipulation of the skin while washing the brow or applying the post-care treatment!

The following **must be avoided** during at least 10 days after the microblading procedure:

* Increased sweating
* Practicing sports
* Swimming
* Hot sauna, hot bath, or Jacuzzi
* Sun tanning or salon tanning
* Any laser or chemical treatments or peelings, and/or any creams containing RetinA or Glycolic Acid on the face or neck
* Picking, peeling, or scratching of the microbladed area in order to avoid scarring of the area or removal of the pigment
* Performing tasks related to heavy household cleaning such as garage or basement cleaning where there is a lot of dust.
* Spicy foods
* Smoking, as it may influence the healing process negatively.
* Drinking alcohol in 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
* Sleeping on your microbladed/tattooed brows.

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

It takes 28 days for the skin to fully heal and renew itself. Therefore a Touch-up is recommended only after this period.

If you have any unexpected problems with the healing of the skin, please contact Christina Warden immediately, to discuss further instructions.

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# 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 up to SPF 50 on your eyebrows when exposed to the sun. Sun exposure might cause the color pigment to fade away more quickly.

Natural Touch Beautification, LLC