

# BROW PRE & POSTCARE INSTRUCTIONS

## BROW PRECARE

### 1 YEAR BEFORE PROCEDURE:

- You are NOT a good candidate if you have taken Accutane, Tazorac, or any similar medication within one year before the scheduled permanent makeup procedure.

### 30 DAYS BEFORE PROCEDURE:

- Avoid Botox and fillers around the brow area.
- Avoid Glycolic acid, chemical peels, and laser treatments on the face
- Avoid Retinols and anti-aging creams eg. Retin A

### 2 WEEKS BEFORE PROCEDURE:

- Avoid all facials, threading, or waxing around the brow area
- Avoid extensive sun exposure and sunburn on the face

### 1 WEEK BEFORE PROCEDURE:

- Avoid Motrin, Advil, Ibuprofen, Naproxen (Tylenol/Acetaminophen is ok to consume)
- Avoid fish oils, DHA supplements, cayenne supplements, turmeric, vitamin e, niacin (or anything that can cause blood thinning)
- Avoid marijuana and smoking

\*\*\*If any of the above are taken for medical purposes, please consult with your physician.

### 1-3 DAYS BEFORE YOUR PROCEDURE:

- Avoid alcohol (especially red wine)
- Avoid coffee or tea (1/2 cup is ok, drink decaffeinated) or excessive amounts of caffeine

## DAY OF PROCEDURE:

- Avoid intense physical activity (light yoga and walking are ok)
- You can wear your makeup to your appointment so I can see the shape and shade

## BROW POSTCARE

\*\*\*Post care may be subject to change and can be personalized for each individual case based on the type of brow style performed, skin type and texture, medical conditions, and lifestyle.

Day 1: I will give you a post care bag of everything you need for the healing phase. A pigment sealer will be applied to your brows after the treatment. Pat your brows dry with a clean cotton round or gauze provided every hour (or when you see lymph fluid oozing) after the treatment until bedtime to soak up any lymph fluid that can come to the surface. This lymph fluid is clear, sometimes yellowish in color, and can dry and create scabs which can cause you to scab. This can affect how well the pigment is retained into the skin.

After 2 hours post-treatment, you will:

- Wash your hands
- Get a tiny bit of aftercare cleanser provided and gently wash in the direction of the hair. It is a LIGHT swipe, just to remove any excess oil and oozing
- Rinse thoroughly to ensure all the soap residue is removed
- Pat dry with a cotton round or gauze (a washcloth is too abrasive)
- Apply aftercare balm with the lipstick applicator provided (rice grain amount will cover both brows, NOT rice grain on each) Remember, less is more. \*\* NEVER put aftercare gel on the wet or damp treated area.
- Continue to pat dry with a clean paper towel or gauze until bedtime (then repeat the cleanse, dry and apply the gel process)

Day 2-9: Repeat this process of cleansing, drying, and applying the gel morning and night for the next 9 days.

Day 10: Now, you may resume all normal activities. Yay! If any scabs or dry skin are remaining, it is ok to gently wash off.

## **Important Reminders:**

- DO NOT rub, pick, or scratch the treated area. Let any scabbing or dry skin naturally fall off.
- Avoid intense sweating exercise for 1 week.
- Avoid salt water, chlorine, swimming, hot tubs, sauna, or steam room, SPF, for at least 10 days.
- No harsh cleansers, physical or chemical exfoliants, direct sun exposure, and tanning for 4 weeks following the procedure. Wear a hat or stay in the shade when outdoors.
- Avoid long, hot steamy showers keeping face out of the water while showering for 10 days (you can use the face shields provided).
- Avoid makeup on eyebrows for at least 2 weeks after the procedure or once the scabs fall off (anywhere else on the face is ok).
- Avoid excessive sweating, If you sweat, immediately gently cleanse the brow area to remove the sweat.
- Avoid facials, Botox, chemical treatments, or microdermabrasion for 4 weeks following the procedure.
- Avoid sleeping on your face for 10 days (I know this is extremely hard to do) and always use a clean pillowcase.

## **What to Expect During Healing Phase:**

Day 1-2: Eyebrows will become 2-3 times darker in color, appear thicker in size, looking almost 3D, and can also look uneven in shape.

Day 3-7: Eyebrows will still be dark and will begin the scabbing phase. As scabs begin to fall off, the area under the scab will appear light or almost as if there is no color there. This is normal and to be expected. DO NOT pick the scabs.

Day 7-10: Eyebrows will appear patchier in color. If any loose scabs are stuck on the eyebrow hair, gently use a cotton swab or mascara spoolie provided to remove the scab. Eyebrows will appear their lightest in color. Eyebrows may appear patchier in color. Some areas/hair strokes might appear darker or lighter than others. This is to be expected. True shape and color results will appear between weeks 3-6. Be patient!

Day 10: YOU CAN NOW WASH YOUR BROWS! If any scabs remain, it is ok to gently wash them off and proceed with your normal skincare and makeup routine.

Day 11-week 6: Color will start reappearing and darkening in color. Skin will appear fully healed weeks 2-3 but it is NOT fully healed underneath. Skin type and client age determine how long brows will take to fully heal. The younger the skin, the quickest it can heal is 4 weeks. The more mature skin, it can take as long as 6-8 weeks to be completely healed. Once healed, it is normal if there are bald spots or loss of original hair stroke in places.

Because of this, it is highly recommended to have a touch-up 6-8 weeks following the initial procedure to perfect the brows.

### **Long Term Care:**

- Use a good sunscreen on your brows (sunscreen with zinc or titanium dioxide as the first ingredients).
- Please inform your technician and/or care provider of your permanent cosmetics with any future MRI scans, chemical peels, or laser procedures.
- Use of Retin A/Retinol/Tretinoin, chemical, acid peels, or any rapid skin exfoliation products used on the forehead area will cause the permanent makeup of the brow area to fade prematurely.
- Any face makeup directly on the eyebrows will make the color appear different. If desired, keep the eyebrow area free of makeup to reveal the brow pigment color.

### **Additional Important Information:**

Please be aware that the result of the procedure is depending on the following: medications and health conditions, skin conditions such as oily, unhealthy, dry/flaky, loose and/or lax skin, poor diet and not following the aftercare instructions. All these things can affect your healed results. Antacids, thyroid, and anxiety medications have been reported as interfering with permanent makeup either by affecting retention or shifting the pigment to an undesirable tone. With that information, an educated client may have better expectations and know that they may need more frequent adjustments than others. The better you take care of your skin and protect it from UV rays, the better the outcome and lifespan of the permanent cosmetic procedures.

\*\*Contact a physician if any signs or symptoms develop such as the following: fever, redness at the site, excessive swelling, excessive tenderness at the site, elevated body temperature, red streaks going for the procedure site towards the heart, and/or green/yellow discharge that is foul in odor.