

# Bedroom Eyes by Sheila

## Microblading Pre + Post Care

In order to achieve the best results, it is best to follow the pre and post care instructions.

### **Prior to your procedure, clients are advised of the following:**

- Avoid alcohol, caffeine, aspirin/ibuprofen and any vitamins that may thin your blood for 72 hours.
- Avoid tanning so I can assess your natural skin tone.
- No face scrubs or chemical peels at least two weeks prior.
- Avoid retinols 4 weeks prior to your procedure.
- Avoid alpha-hydroxy acid AHA 2 weeks prior to your procedure.
- Reference pictures of shapes and colors of brows are always welcomed. We will then work together to create the perfect brows!
- Avoid smoking prior to treatment.
- No exercise for 24 hours before the procedure.
- No Botox, fillers in forehead, temples or eye area one month prior to your procedure.
- Avoid chemical peels, microdermabrasion and or facials 4 weeks before the procedure.

### **After your procedure, clients MUST follow these instructions:**

- Within 2 hours after the procedure, clean brows using a q-tip or fingertip with Cetaphil. Gently wipe away the old healing balm / Aquaphor and any lymphatic liquid (clear yellowish liquid) that may have built up. Lightly pat dry with tissue and using a new q-tip re-apply healing balm/ Aquaphor to the brows.
- Make sure to apply a light layer of healing balm morning and night to brows for at least 2 weeks.
- Do not over apply healing balm. (Use a grain size amount for BOTH brows)
- Do not put makeup on the brow area for a minimum of 2 weeks. Microbladed area is an open wound, using makeup may cause infections.
- Avoid alcohol and aspirin/ibuprofen and any vitamins that may thin your blood for 24 hours.
- Brow area will feel slightly itchy as it heals and will start to lightly scab over. Do not peel or pick at the scabs as this can affect the outcome and pigmentation.
- Do not go swimming, tanning or into saunas for at least 14 days.
- No face scrubs or chemical peels at least 2 weeks after.

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