# PRE-PROCEDURE INSTRUCTIONS

# NOT A GOOD CANDIDATE FOR MICROBLADING

- Pregnant or nursing
- History of Keloids or Hypertrophic scarring
  - Diabetic (require doctor's clearance)
- Chemotherapy (require doctor's clearance)
- Viral infections (HIV, Hepatitis, etc.) and/or diseases
  - Epilepsy
  - Pacemaker or major heart problems
    - Organ transplant
  - Skin irritations or Psoriasis near the treated area
    - Sick (cold, flu, etc.)
    - Allergic to latex or lidocaine
    - Extremely oily or problematic skin
- Had previous permanent makeup that hasn't faded enough
- Using steroids and/or retinoids such as Accutane or Isotretinoiner in the past 6 months to a year
  - Heart conditions, Uncontrolled High Blood Pressure, Poor general health.
  - Any treatment, medication, or illness that compromises the immune system.
  - Avoid booking during your menstrual cycle to help lower chance of sensitivity to pain.

### AVOID DIRECTLY BEFORE APPOINTMENT

- Shower and fix your hair since your brows will be fresh and you can be extra pre-cautious while keeping dry. Makeup can be worn but will be removed on the brow and forehead area. Wearing eye makeup is fine!
  - NO CAFFEINE OR ALCOHOL within 24-48 hours
    - No extreme exercise within 24-48 hours
  - Do not take Ibuprofen Aspirin, Niacin or Vitamin E within 24 hours
    - No waxing, threading or tinting within 3 days
  - No tanning or intense sun exposure (especially burns) within 3 days
- No products with glycolic acid, or blood thinners (RetinA, Renova) or any alpha hydroxy acids within 3-5 days
  - Do not take omega3 (fish oil) within 1 week
  - No chemical peels, dermabrasion, laser or any other intense treatments within 6 weeks
    - No Botox within 4 weeks

We want you to be as comfortable as possible and understand wanting to have someone come along to your appointment. To ensure the best possible results, we ask that you do not have someone in the treatment area with you once the procedure officially begins. Thank you for your understanding!

# **FAQ**

#### How long can I expect it to last?

Microblading is considered a semi-permanent tattoo since the pigment is only inserted into the epidermis (top layers of skin). The pigment used will completely fade over time and can last anywhere between 6 months to 2 years. Everyone has different retention rates and results may vary according to skin type, proper aftercare or body chemistry. For clients that choose a softer look and lighter color shade initially or those who did not follow the after care instructions properly may require more frequent touch ups. Keep in mind that healed results are the goal and pigment lightens by about 30% from the day they are done. It heals more soft and subtle in appearance. In order to keep your brows looking fresh, we recommend a touch-up within 12 months of your second appointment. A touch-up is classified as not being completely faded. If you choose to wait 18 months, the full price for the procedure will apply. There is no definitive prediction to how well your skin will retain the pigment. Due to this and many other varying factors, we cannot fully guarantee any specific results.

#### What is the process like?

Microblading is a 2-step process that we space out 6 weeks apart as a basic standard. We can adjust this time frame if necessary to the specific condition of the skins healing rate. It is crucial to complete both the initial procedure and touch up to achieve desired results. We book our appointments for 2 hours. During this time, you will sit with a numbing crème for 30 minutes followed by a complete mapping of the face. We will discuss your desired brow look and stencil an outline in a shape that works for you then choose a customized pigment combination. Though our faces are NOT perfectly symmetrical (one side is usually flatter or higher than the other), we do our very best to create as much symmetry as possible! Once you are satisfied with the shape and symmetry, the area is microbladed using a disposable manual hand tool, not by machine. This takes under or over an hour depending on how much correction is applied. We do your touch-up appointment around 4-6 weeks after your first session. There is less mapping done here, but it is still a full procedure completely tracing over previous strokes made during the first session. The first session is a transition phase and we choose to stay on the conservative side to get you used to your new brows. In the second session, we are able to perfect the color and shape since some pigment is expected to come out. The touch up corrects any irregularities in the microbladed hair strokes; any faded pigment or color tones and finishes the process. Here you can go bolder or darker if you feel comfortable or necessary.

# Does the application hurt?

It is ultimately a light scratching of the skin. We take every precaution necessary to ensure the microblading procedure is as comfortable as possible. A topical anesthetic lidocaine cream is used prior to and during the procedure to keep you as comfortable as possible. We also choose to apply another numbing agent used specifically for open skin throughout the process to reduce discomfort. Some clients find the procedure slightly uncomfortable while others report no discomfort at all. The area can be sore for the first few hours and tender to touch for a couple days.

#### What types of pigments do you use?

We use iron oxide pigments that will fade over time and are naturally absorbed by the skin. Iron oxides are innocuous, harmless and perfectly safe for your skin.

#### What is the healing process like?

Your new eyebrows will go through several phases during the healing cycle. Immediately after your microblading procedure and in the first few days, your brows may appear darker and more defined than your desired look. This is not an accurate indication of the finished and healed result. True reflection of healed color can be assessed 3-4 weeks after treatment. 30-40% of your brow color will fade as the scabs fall off within 5-12 days because the color is absorbed in the deeper layers of the skin. Later, skin cells push it back to the upper layers. It will go from too dark, to too light, to just right! The pigment is within the scab and you do not want to pull any pigment out of your skin prematurely. We all heal differently and what works on one client may not be effective on another so please do not compare your results. The complete healing process takes approximately 12 weeks.

If you have any further questions, feel free to give us a call and we would love to answer them for you!

