



Cosmetic Tattoo Pre & Post Care (Microblading)

Preparing For Your Brow Tattoo Procedure:

Follow these guidelines unless you're directed otherwise.

- Avoid alcohol, caffeine, ibuprofen, aspirin and fish oil supplements for at least 24 hours prior to your appointment.
- Be prepared to lie very still for a long period of time. Many clients bring headphones to listen to music during their appointment.
- Wear comfortable clothing.
- Avoid waxing, threading or tweezing your eyebrows for at least 5 days prior to procedure (2 weeks is ideal).
- Clients often find it helpful to bring in pictures of their ideal brow shape or colour as it helps them to communicate their aesthetic goals with their Cosmetic Tattoo Artist.
- You will need to keep your brows dry for 7 days post treatment, so we recommend washing your hair the morning of or the day before your procedure.
- Note: This procedure cannot be performed if you have had any injectable treatments (within the forehead/brow area) administered within two weeks of your appointment.

What to Expect During Your Procedure:

A consultation will be performed prior to the procedure to discuss pertinent information and to assess your treatment goals. The brow shape and colour is custom-made to your facial structure and preferences. At the beginning of the treatment, precise measurements are taken to define a symmetrical guide and a reference grid is placed on the brow area. A marking pencil is used to draw the outline of the new brow. Your Brow Artist will provide you with a mirror to review the guide with you to ensure the shape meets your desired outcome.

The technician will create your brow by hand, strand by strand to get to the shape that is made just for you. We take into account existing brow shape, your facial structure, and your preferences. Once we decide on the brow form, we consult on the colour. A customized hue is mixed to order (we will track the formulation, for future touch-ups). The pigments used are made in Germany and meet all the requirements for ingredients as specified by the new (EU Pigment & Tattoo Ink Regulation 2022).

You will be required to order your **Treatment Numbing Cream** (information on this will be emailed to you after booking), please make sure you do this at least 2 weeks prior to your appointment.

Feathering/Microblading: A special tool is used to etch small individual, hair-like strokes one by one, inserting cosmetic pigments into the dermis layer of the skin. The shallow cuts are filled with highest-grade pharmaceutical pigments selected to match or darken arches. The treatment takes about 2 ½ -3 hours, with enough time to assess each step of the way.

Post Treatment:

You have now entered the aftercare stage. Please bear in mind that how well you look after your brows post procedure will heavily impact your final result. The aftercare process itself amounts to 70% of your final result.

Day 1: Every 30 minutes for the first 3 hours, you must gently clean your brows with saline/boiled water & cotton pad. This removes any build-up of lymph. Follow by applying a rice grain amount of your aftercare balm or vasaline with a cotton tip. (Strictly use the balm given to you by your PMU artist. **Do not use bepanthen or pawpaw ointment!**) Apply a very thin layer.

For the rest of the day, we recommend that you clean the brow area and follow with your aftercare balm (repeat the process as listed above) between 3-5 times per day to prevent scab formation.

NOTE: If your PMU artist has recommended the use of (sun/sweat protection cream), please apply a rice grain sized piece of product to both eyebrows before beginning a high perspiration activity.

For the next 7 days:

- Continue to apply balm as you see fit. For example, if your eyebrows are starting to feel dry, cleanse over your brows and follow by applying a thin layer of aftercare balm.
- **DO NOT GET THEM WET! NO makeup or skincare products.**
- Throughout the healing process your brows will become itchy. It is important that you do not touch, pick, or scratch your eyebrows during this time.

Over the next 30 days, please avoid:

- Sun exposure (wear a hat!)
- Excessive sweating (sweat can draw out the pigment during the healing process).
- Touching/picking/scratching the brows whilst they are healing.
- Try to avoid your brows from touching the pillowcase while sleeping.
- Applying any skincare or makeup products on the brow area.
- Acidic cleansers, exfoliants (both physical & chemical)

Certain factors can contribute to your brows fading (please bear in mind that your brows will fade to some extent).

Some of these factors are:

- Not correctly following your aftercare
- Sun exposure/tanning
- Oily skin
- Anti-aging creams
- Acidic cleansers, chemical and fruit derived peels
- Retinol (DO NOT apply directly to the tattooed area)
- Heavy sweating
- Microdermabrasion (DO NOT have this procedure performed directly over the tattooed area)

- Medical micro-needling (DO NOT have this procedure performed directly over the tattooed area)
- Laser skin treatments (DO NOT have this procedure performed directly over the tattooed area)
- Thyroid problems
- Antibiotics
- Hormonal therapies

What to expect throughout the healing process:

- **Day 1-3:** Your brows may have some slight swelling and be sensitive around the tattooed area (may feel like sunburn).
- **Day 3-5:** Your brows will start to look darker.
- **Day 5-15:** Flaking and itchiness will start occurring, it is important that you do not pick them!
- **Day 15-20:** Your brows disappear slightly due to the skins exfoliating process. This is completely normal!
- **Day 20-30:** Your brows will start to reappear; the colour will be softer and can sometimes look patchy. This will be fixed at the touch up visit (required at 8 weeks)