DŌCERĒ

MEDICAL SPA & LASER CENTER

PRE-INSTRUCTIONS

Microblading

- Do not pick/tweeze/wax/perform any type of laser hair removal treatment 1 week before the procedure
- Avoid tanning 2 weeks prior to the service, or have any active sun burn on face
- Do not have any type of facial 2 weeks prior to the procedure
- Do not workout the day of appointment
- No Xeomin/Botox 2 weeks prior to treatment
- Avoid Fish Oil or Vitamin E 1 week prior to procedure (They are natural blood thinners)
- Do not tint eyebrows three days prior to appointment

in order to avoid excessive bleeding and poor color deposit:

- Do not drink alcohol 24-48 hours before
- No coffee 5 hours before appointment
- Do not take Aspirin or Ibuprofen for pain relief

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POST-INSTRUCTIONS

Microblading

- **Days 1-4 Moisturize/ No Water**
  Apply a rice grain amount of after care ointment or Aquaphor with a clean fingertip and spread it across the treated area 2-3x per day: as needed

  - Be sure not to over-apply, as this will suffocate your skin and delay healing. The ointment should barely be noticeable on your skin

  - NEVER Put the Ointment on a wet or damp tattoo

- **Days 4-10 Can Add Water**
  Continue with aftercare ointment as needed for moisture.

  - You can get the brows wet at this point. No washing, steaming or rubbing the brows. No direct pressure from the shower water on the brows.

  - Make sure the area is completely air dried for at least 15 minutes before applying the aftercare ointment

Important Reminders

- Use a fresh pillowcase when you sleep

- Let any scabbing or dry skin naturally exfoliate away. Picking can cause scarring or loss of color.

- Avoid hot, long showers for the first 10 days

- Avoid sleeping on your face for the first 10 days

- Avoid swimming, lakes and hot tubs for the first 10 days

- Avoid topical makeup and sunscreen on the area

- No facials, botox, peels, or microdermabrasion for 4 weeks after microblading

- DO NOT rub, pick or scratch at the treated area

- if you notice any itching with redness, swelling, pustules, bleeding or a wound that is not healing, discontinue after care ointment and notify your artist for instructions

If you experience any signs of infection please notify your healthcare professional immediately and your microblading technician