

## MICROBLADING AFTER-CARE

### **AFTER THE PROCEDURE:**

To reduce scabbing, use a clean tissue to lightly dab the microbladed area a few times per hour for the rest of the day.

### **Week ONE:**

Wash the eyebrows twice per day followed by applying the microblading aftercare ointment. At the start and end of each day, use your clean fingertips and a mild antibacterial soap, like Cetaphil, to gently cleanse your eyebrows for 15 seconds, then thoroughly rinse off all soap.

**DO NOT SCRUB**

Do not use exfoliants or acids (glycolic, lactic, or AHA).

Dry the entire eyebrow area completely by dabbing it with a clean tissue.

Use a clean finger to apply a grain size amount of the aftercare ointment to the DRY microbladed area.

The aftercare ointment should only be applied twice per day following the washes to avoid suffocating the skin and interfering with the skin's natural healing process.

### **Week TWO:**

No need for the aftercare ointment, but continue to gently wash the microbladed area each morning and night.

### **CRITICAL THINGS TO AVOID DAY 1-14 AFTER MICROBLADING:**

AVOID- Touching the area other than when washing and applying ointment 2 X per day.

AVOID- Scratching, picking or peeling the area, as it can cause scarring and color loss.

AVOID- Applying any makeup, moisturizer, lotion, or sunscreen to your face.

AVOID- Sun exposure - sun tanning/salon tanning

AVOID- Laser or chemical peels, and any other exfoliation.

AVOID Exercise, Long, hot baths or showers - jacuzzis - saunas - swimming

AVOID- Applying any creams containing retinol or glycolic acid.

AVOID- Engaging in tasks where airborne debris can become prevalent

AVOID- Drinking excessive amounts of alcohol, which causes wounds to heal slower.

AVOID Driving in cars with windows down, convertibles, motorcycles, bicycles, and boats.

### **Week THREE to 8 Week Touch up:**

You may return to your normal activities. But, continue to avoid chemical peels/exfoliation, and anything containing retinol or glycolic acid until after your 8 week touch up.