

# Permanent Makeup

## Eyebrow Precare Instructions

### **SKIN HEALTH**

- Ensure your skin is free of irritations, acne, eczema, psoriasis, or sunburn.

### **MEDICATIONS & PRODUCTS**

- Stop Accutane 1 year before.
- Avoid retinol or AHA products for 30 days before.

### **TREATMENTS**

- No facials, microdermabrasion, microneedling, peels, laser treatments 4 weeks prior.
- No Botox for 2 weeks before.
- No tweezing, waxing, threading, or electrolysis for 1 week before.

### **LIFESTYLE**

- Avoid sun exposure or tanning beds for 2 weeks before.
- Avoid alcohol 24 hours before.
- Avoid heavy exercise on the procedure day.

### **OTHER**

- Scars must be healed for 1 year.
- Note increased sensitivity during your menstrual cycle.

### **ON THE DAY OF YOUR APPOINTMENT**

- Have a light meal prior to your appointment
- Avoid Intense workouts, caffeine and alcohol
- With your doctor's permission, do not take blood thinners
- Plan for your appointment to take a few hours
- If you normally pencil in your brows, arrive with this ON

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## Eyebrow Aftercare Instructions

### WHAT TO EXPECT

- The color will look bold and sharp initially but will soften by 30-50% within 10 days.
- Temporary symptoms (1-10 days): redness, minimal swelling, tenderness, flaking, dryness, or itching.
- Full healing takes 6-8 weeks for the true color to emerge.

### DAY 1 (Appointment Day)

- Gently wash the area with clean tissue to remove excess lymph fluid until oozing stops. This prevents crusting and keeps the area clean.

### DAYS 1-5: WASH & MOISTURIZE

- Wash: Twice daily (morning and evening), gently clean with lukewarm water and mild, fragrance-free soap using patting motions. Avoid acid-based or exfoliating cleansers. Stop washing once scabbing/flaking begins.
- Moisturize: Apply a rice-sized amount of provided ointment 2-3 times daily with clean fingertips or a Q-tip. Blot excess to avoid trapping moisture or bacteria.
- Note: Let scabs flake off naturally. Picking can cause scarring or pigment loss.

### AVOID FOR 2-4 WEEKS

- Direct sun exposure or tanning beds (wear a hat or sunglasses).
- Heavy sweating, exercise, sports, swimming, saunas, or hot showers (2 weeks)
- Skincare / cosmetics on the treated area, especially exfoliants / acids (4 weeks).
- Facials, microdermabrasion, microneedling, peels, or laser treatments (4 weeks).
- Tweezing or tinting brows (2 weeks).
- Sleeping on your face or using dirty pillowcases (10 days).
- Heavy household cleaning with airborne debris.

### ADDITIONAL NOTES

- Results may appear lighter or uneven due to natural skin renewal, which is normal.
- A touch-up session 6-12 weeks after the initial procedure is recommended to perfect color and symmetry (additional cost may apply).
- Contact us with any questions or concerns during healing.