



Post Treatment Aftercare

It is extremely important that you follow the post treatment care to get the best results from your Microblading. 70% of the result is due to the after care. Ensure that you wash your hands thoroughly before touching your eyebrows.

Day 1

30 Minutes after the treatment wipe your eyebrows to remove all the lymphatic fluid, with a cotton pad dipped in cooled boiled water. Leave for a few minutes to air dry, then apply a thin layer of the barrier cream. Repeat this every 3 hours. (Note: The Lymphatic fluid is what causes the scabbing to the treated area). Use a fresh pillowcase.

Day 2

Repeat wiping with a cotton pad dipped in cooled boiled water to clean the area, let them air dry then apply a thin layer of the barrier cream, repeat this 3-4 times. (Recommendation: Carry this out during breakfast, lunch and dinner to evenly distribute the cleaning

Day 3-7

Repeat wiping with a cotton pad dipped in cooled boiled water and apply the barrier cream each morning and night. Ensure you keep your brows moisturised always during this time. Do not allow the area to feel tight and dry.

If you feel the area is becoming tight then apply another thin layer of the barrier cream. (Note: Always apply a thin layer of the barrier cream before your wash your face or shower for the next 7 days).



IMPORTANT THINGS TO AVOID DURING THE FIRST 7-10 DAYS

- Sun exposure should be avoided to ensure the pigmentation is not affected.
- All face creams, oils, serums, masks, makeup, foundation, eyebrow products on the treated area.
- Saunas, steam rooms, swimming, long hot showers, excessive sweating (including exercise) and facial massage.
- Sleeping on your face.

IMPORTANT THINGS TO AVOID DURING THE FIRST 30 DAYS

- Scabbing should be minimal with good aftercare, but should you have some slight scabbing do not pull or pick the scabs as this will result in pigmentation loss.
- When in direct sunlight / sunbathing ensure you use factor 50 / sunblock on the area. Sunlight / UV rays can destroy the pigment and then cause the eyebrows to fade.
- Sunbeds, light therapies chemical peels, fruit acids, ,microdermabrasion, creams that contain active ingredients or regenerating factors.
- Avoid laser treatments including Fraxel and IPL which can destroy the pigment and cause burns.

PLEASE NOTE

- Use of antibiotics, hormonal therapy, pregnancy or any treatment that can affect the skin may cause the pigment to fade faster.
- You should always protect the eyebrows from the sun with a high factor SPF (not just during the first 7 days).
- Giving Blood: - The Red Cross have suggested that you do not give blood for 6 months following treatment.
- MRI scans: - This procedure will show up as an artefact on the scan therefore ensure you inform your radiologist.
- Injectables: - Botox and Fillers can alter the shape of the eyebrows. It is suggested that you do not have any injectables until one month after your treatment.
- Laser/pulsed light: - laser or pulsed light hair removal or skin rejuvenation treatments can cause colour change.

Should you have any further questions or worries during the healing process do not hesitate to reach out to me.



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