



## AFTER CARE INSTRUCTIONS & WHAT TO EXPECT

### AFTER CARE INSTRUCTIONS

Please follow these instructions for 14 days after the procedure to improve and prolong the results of your microblading. If you don't follow these instructions, it can greatly affect your microblading results or put you at risk for infection or scarring or loss of pigmentation!

**Items you will need for immediately after the procedure:** antibacterial soap with a pump (i.e. Dial Gold), sterile gauze, bottled water

**Avoid getting anything on the brows, including water, except for cleansing as directed.** For the first day after your procedure, please gently blot your brows **every hour** using sterile gauze and a little bit of bottled/distilled water, to remove any excess lymph fluids. You can set an alarm on your phone to help remind you. This is very important to minimize scabbing and allow for better pigment retention!

**Cleansing:** In 2-3 hours, wash lightly with slightly damp Q-tips and antibacterial soap. Repeat this washing, very gently every morning and night. When washing, it should be very gentle and with hardly any water and with a tapping motion, no rubbing. Please avoid saturating brows with water. After the initial 3 days of washing, you may very sparingly apply a super thin application of aftercare balm (which I will provide), using a clean Q-tip – morning and night. This will hydrate your brow area for dryness relief. **Do not pick or rub the brows.** The scabs/flakes must fall off on their own or you will risk removing the color and possibly scarring.

- Do not soak the treated area in the bath, pool or hot tub. For 30 days, refrain from swimming in salt water or chlorinated pools, saunas, hot yoga, steam rooms or sun beds.
- **No exercise for 14 days.** After 14 days – when exercising, wear a sweatband to avoid sweat on brow area.
- Do not expose treated area to direct sunlight. After healed (30 days), use a sunscreen to avoid fading from the sun.
- **No makeup** should be applied directly on the brows during the healing process. After the brows have healed (14 days, OR after the scab/skin flakes off) you may wear brow makeup at that time.
- No other products should touch the brows during healing, other than the soap and the after care balm.
- **Do not touch, rub, pick or scratch** your brows following treatment or during healing process.
- You may find that your eyebrows will scab or become slightly dry following the treatment. If they itch, **DO NOT SCRATCH** them. You may tap them to alleviate the itch.
- If your eyebrows get wet during the healing process, pat them dry with a towel, **DO NOT RUB.**
- Avoid using daily skincare products directly on the eyebrows.
- If you are planning a chemical peel, or any other medical procedure, please inform therapist of the procedure you have had. Procedure should only be done once the healing process is complete.
- If you are due to give blood after the procedure, please inform your nurse about the microblading treatment you have had as this might alter the results.
- Call or email Indiglo Med Spa with any questions or concerns — (920) 491-9080 — [contact@indiglomedspa.com](mailto:contact@indiglomedspa.com)

### WHAT TO EXPECT

Initially, your brows will appear more bold than usual. This is because we have enhanced the brows, deposited pigment in the skin and often times, made them appear fuller. Over the next few days after the procedure, your brows may darken during the healing process. This is normal and this is not the way they will remain. Around 7-14 days, you may notice some flaking/shedding of the skin near the brow area. Think of this as very small “scabs” falling off the skin now that the skin underneath has healed. When the skin flakes off, many times the microblading strokes appear very light or sometimes it seems that they have disappeared. THIS IS NORMAL! This is because there is still a thick layer of protective skin creating a veil over the pigment. Once you go through a skin cycle (4-6 weeks) the pigment will typically reappear but will be about 30-50% lighter than it was immediately after the procedure.