



MICROBLADING/PMU BROWS AFTER CARE INSTRUCTIONS & WHAT TO EXPECT

AFTER CARE INSTRUCTIONS

Please follow these instructions after the procedure to improve and prolong the results of your microblading/permanent brow makeup. If you don't follow these instructions, it can greatly affect your 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 2-3 additional hours until bedtime. 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. Beginning tomorrow, 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 aftercare 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/PMU brow 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@indiglomedsa.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 necessarily remain. Around 4-10 days, you may notice some flaking/shedding of the skin near the brow area. Think of this is very small “scabs” falling off the skin now that the skin underneath has healed. When the skin flakes off, many times the pigmented 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.



PERMANENT EYELINER/LASH ENHANCEMENT AFTER CARE INSTRUCTIONS & WHAT TO EXPECT

AFTER CARE INSTRUCTIONS

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

Items you will need for immediately after the procedure: sterile cotton balls/pads, bottled water
Do not get your liner directly wet; water, ocean, pool, sweating or any other liquids for **10 days** after the treatment. Even a small drop which seems unimportant may expand the wound / possible infections / excessive scabbing may appear, and you may ruin the results. No sweating (of any kind), gym, yoga, swimming for the 10 days.

Cleansing: clean the area with a small amount of sterile water on a cotton pad before you go to bed and after the procedure followed by a thin layer of Aquaphor ointment. This will help remove any excess lymph, blood and pigment that may appear after the procedure (will be given to you in your take home kit).

In the morning, wash with small amount of sterile water again using the damp cotton ball. Blot dry and apply a thin coat of Aquaphor ointment (less is more!). Rinse and apply the ointment at least (3) times throughout the day. Do not use any type of make-up or foundation close to the area.

- Do nothing but clean gently with sterile water several times a day. Let your eyeliner breath and heal. Do not scratch or rub it. **Wait at least four (4) days before applying mascara.** A 'new' mascara is recommended as old mascara contains bacteria.
- Do not use other ointments, cream with vitamins or antibiotics during the healing process.
- No sunbathing or tanning for 4 weeks. No direct sun exposure.
- Smoking WILL cause the pigment to fade prematurely and anesthetics will not last as long.
- DO NOT USE growth enhancement products such as Latisse, Revitabrow, Grande-Lash, one month prior and after treatment has fully healed as it may shift your color.
- In the first two weeks after the treatment avoid swimming pools, sunbathing, tanning beds (no sun or tanning for 30 days), sauna, beauty treatments, and intense training accompanied by sweating (sport activities), and avoid contact with dirt/dust, fertilizer.
- If you are due to give blood after the procedure, please inform your nurse about the permanent makeup 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**

WHAT TO EXPECT

Initially, your eyeliner will appear more bold than usual. This is because we have enhanced the lash line, deposited pigment in the skin and made it appear fuller. Over the next few days after the procedure, your permanent makeup may darken during the healing process. This is normal and this is not the way it will necessarily remain. Around 4-10 days, you MAY notice some flaking/shedding of the skin near the area. Once you go through a skin cycle (4-6 weeks) the pigment will appear as it should for the next several months depending on individual's fading factors.