

## **EYEBROWS PERMANENT MAKEUP**

### **PRE CARE RECOMMENDATION**

- Have a good breakfast or lunch before the day of the procedure.
- Do not consume any caffeine(coffee/de-coffee /tea/herbal tea) on the day of the procedure.
- Avoid consuming alcohol/liquor 48 hours prior to the procedure.
- Don't wear eyebrow makeup on the day of the procedure.
- Avoid waxing/tweezing/threading eyebrows 3 days prior to the procedure.
- Avoid brows lamination or brows tinting 2 weeks prior to the procedure.
- Don't do botox, filler, chemical treatment, or microdermabrasion 4 weeks prior to the procedure.
- Avoid blood thinner, vitamin E, or any pain medication prior to the procedure.
- If any medical concerns or questions, please reach out to your primary physician prior to the procedure.

### **AFTERCARE RECOMMENDATION**

- Wash eyebrows twice a day daily with antibacterial soap after 24 hours of the procedure.
- Keep eyebrows dry, do not leave your eyebrows wet or damp after washing.
- Don't worry about pigment. It will not remove or fade.
- Keep the area moisturized by applying healing ointment (very little) until your eyebrows heal.
- Avoid applying ointment on wet or damp eyebrows.
- Use a fresh pillowcase and keep your face up while sleeping.
- Avoid touching, rubbing, and scratching the procedure area.
- Don't pick up scabs, flakes, and dry skin during the healing process. Picking up scabs/flakes/dry skin may cause color loss and scars.
- Avoid long and hot steamy showers for 7 to 10 days.
- Don't swim, sweat, or do excessive exercise for 7 to 10 days.
- Avoid sun tanning and direct sun on the face for 7 to 10 days. Wear a hat outdoors.
- Avoid makeup including sunscreen around the eyebrows and on the eyebrows for 7 to 10 days.
- Avoid waxing/tweezing/threading for 7 to 10 days.
- Avoid brow lamination and tinting eyebrows for 4 weeks.
- Avoid facials, botox, fillers, microdermabrasion, or chemical treatment for 4 weeks.
- Drink plenty of water.