

Pre-Care Instructions for 3D Eyebrows



Completely avoid all of the below 24 hours prior to your microblading appointment:

Working out.

NO alcohol or caffeine, (*including* decaf coffee and tea).

Do not take any Aspirin, Niacin, Vitamin E, or

Advil/Ibuprofen. Avoid fish oil, or "hair/skin/nail"

supplements.

3 days before your appointment:

Avoid power shakes and power greens 3 days before your procedure, as they cause your blood to thin and can cause you to bleed, which means the pigment may not take as well.

1 week prior to your appointment:

No waxing your eyebrows or tinting them for 1

week prior. Avoid sun and tanning 1 week prior to

the procedure.

2 weeks prior to your appointment:

Refrain from the use of any Alpha Hydroxy Acid (AHA) products close to the eyebrow area 2 weeks prior to your procedure and for 2 weeks after your procedure. Also, it is very important to check your moisturizer, facewash, creams and makeup primers – or anything else you use on your face – that says it contains any kind of 'acid.'

Botox should be performed no sooner than 2 weeks prior to your procedure and not again for 2 weeks after.

4 weeks prior to your appointment:

Discontinue Glycolics, chemical Peels and Retin-A for 4 weeks prior to the procedure.

6 weeks prior to your appointment:

Fillers should be done 6 weeks prior to the procedure and not again for 6 weeks after.

All of the above can affect the way the pigment enters the skin and how it sets, and may also have an effect on the healing process, (see after care instructions).

Note: You MUST be off any kind of Accutane for 1 year. NO exceptions!

Note: Some women experience more sensitivity when having their eyebrows microbladed during their menstrual cycle.

Note: I will *never* work on an expecting mother or a mother who is still breast feeding.



Revised: 01/17/2020