



# Microblading Aftercare Instructions

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## **Following these instructions after your Microblading session is essential for beautiful, lasting results:**

- **Day One (day of the treatment):** PhiBrows Aftercare has been applied to your brows. Do nothing to your brows for 24 hours.
- **Day Two – Nine:** Gently clean your brows and dab dry. Apply the supplied aftercare (Skin Candy/Aquaphor/Curad, A&D) to your eyebrows several times a day. **If your brows feel itchy, it is time to reapply!** Apply aftercare with a cotton swab and use no aggressive movement or manipulation of the skin. **Make sure your hands are completely clean before caring for your eyebrows.** Around Day Three when the scab starts to appear, do not wipe, only dab till dry. You must be gentle so that you do not pull off the scabs prematurely. Keep out of the sun for seven days, then after seven days, wear sunscreen to aid in the longevity of your tattoo.

Before showering apply a layer of aftercare to protect your eyebrows from moisture. During the shower keep your face away from the showerhead. Itching and flaking may appear during the first seven days post Microblading procedure, however, experience has shown that these symptoms can be reduced by following these aftercare instructions.

The healing of deeper wounds might last between 14-21 days. Touchups and/or correction of the shape/design is recommended only after this period. If the skin around the eyebrows breaks out in a heat rash, small pimples, this is usually a reaction to the numbing solution and should go away by itself in a couple weeks, don't pick. **Please call immediately** if this occurs so that I (Shana R. Bowman) can make note of the reaction and follow up to ensure this is not a more serious situation. If you have any unexpected problems with the healing of the skin, you must contact me immediately at (571) 549-1177 to discuss further instructions.

## **The following must be AVOIDED during all nine days post-Microblading procedure:**

- Increased sweating
- Practicing or playing sports
- Avoid swimming for 14 days!
- Hot sauna, hot bath or Jacuzzi
- Sun tanning or salon tanning
- Any laser or chemical treatments or peelings, and/or any creams containing Retin-A or Glycolic Acid on the face or neck
- Picking, peeling or scratching of the epithelial crust/micropigmented area in order to avoid scarring of the area or removal of the pigment
- Performing tasks related to heavy household cleaning where there is a lot of airborne debris (e.g. garage or basement cleaning)
- Spicy foods
- Smoking



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- Drinking alcohol in excess as it may lead to slow healing of wounds
- Driving in open air vehicles such as convertibles, boats, bicycles or motorcycles
- Touching of the eyebrow area except for when rinsing and applying the aftercare with a cotton swab
- Do not dye or tweeze eyebrows for one week after the procedure
- Do not use any makeup on the brows for at least 5 days

**FAILURE TO FOLLOW AFTER-CARE INSTRUCTIONS MAY RESULT IN INFECTIONS, PIGMENT LOSS OR DISCOLORATION.**

## **What to expect after your Microblading session**

Your new temporary eyebrows will go through several phases during the healing cycle. The pigment will appear very sharp and dark immediately after the procedure. This is because the pigment is still sitting on top of your skin and has not yet settled in completely. The color of the pigment will soften gradually. Do not be alarmed if you see some pigment in the cotton swab as this is excess pigment and/or body fluid that is naturally exiting your skin. Once the healing of the skin starts taking place it will look like dandruff flakes or dry skin. This might give you the impression that the color pigment is fading too quickly, however, this is just superficial color and dry skin being naturally removed from your eyebrows. After the procedure has completely healed, you may go back to your regular cleansing and makeup routine, but avoid scrubbing the area. You will want to always apply a layer of sunscreen, SPF 30 up to SPF 50, in your eyebrows when exposed to the sun. Sun exposure might cause the color pigment to fade away more quickly. You can now enjoy your beautiful new eyebrows. You will simply love your new gorgeous fresh look!

## **When will I need a touch up?**

The pigment is semi-permanent and will fade over time and will likely need to be touched-up within six months to one year depending upon your skin, medications, and sun exposure. The first complimentary touch up is recommended within 30 days after the first session, and is included in the initial treatment cost. To keep the brows looking fresh and beautiful, touch ups are recommended every 6 months to 1 year. Future touch up sessions will cost the current touch up rate at the time you have it done. ***If most of the hair strokes have faded, the entire procedure will need to be repeated.*** An email photo consultation may be necessary to determine if you need a touch up or a repeat of the entire procedure.