



Microblading & Machine Eyebrow Tattoo Aftercare Instructions

Have the following **ready to go** after your appointment:

- **Neutrogena Dry-Touch 40-100 SPF Sunscreen** (available from Fred Meyer's)
- **Tissues** (for microblading only) or **Bounty Paper Towel** (for machine work) for blotting
- **Burt's Bees Facial Cleansing Towlettes, Normal Skin & Burt's Bees Sensitive Daily Moisturizing Cream**
- **One box of chamomile tea bags** (for helping with swelling, soothing, and healing!)
 - Put 8 tea bags without string in a baggie and fill it with cold water
 - Squeeze out every last bit of water
 - Put baggie in fridge. They will be ready to use in a couple of hours. **DO NOT FREEZE!**
- **Bring to your appointment:**
 - A **hat** that protects your tattoo from sunlight (even if it's cloudy out)
 - You will need to protect your brows from UV rays with hats & sunglasses for **7 days!**
- 📦 You will receive an aftercare kit consisting of what you will need for the first week. **This will cost \$5. If you cut the wipes in half you won't need to purchase them again for your touch-up (keep the package in a baggie to maintain moisture)!**



Do not touch your new tattoos directly other than cleaning or applying aftercare & other ointments; you may infect them!

Immediately after your procedure:

1. Put on your hat

<p>THE FOUR ENEMIES OF TATTOO RETENTION</p> <p>(1) SALT (found in sweat & salt water); (2) UV RAYS (found in daylight & tanning booths); (3) EXFOLIATION (found in anti-aging & anti-acne products); (4) CHLORINE (found in pools & Jacuzzis)</p>
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5 minutes after your procedure:

1. Using a new, clean tissue or Bounty paper towel, begin blotting any lymph every 5 minutes for the first few hours, as needed

1 hour after the procedure & then every **2 hours for the first 24 hours that you are awake** (from _____ today to _____ tomorrow):

1. First, wash your hands very well using **liquid soap**. Dry with a **paper towel**
2. Carefully **wipe your brows in the direction of your hair or hairstrokes a couple of times with one of the Angel Care Wipes in your kit; continue this process every 2 hours**
3. **If desired for swelling, soothing, and healing**, place one cold chamomile tea bag from the fridge on each brow for **5-10 minutes, 3-4 times/day; sit with your head elevated** while using the tea bags; return to fridge or discard. Do this daily for 3 days, as needed.
4. **Let air dry.**
5. Pat on a **very thin layer** of the aftercare ointment, **making sure your hands are clean**
6. Place a clean pillowcase on your pillow for added protection (avoid light colors) & **sleep with your head elevated** to control swelling on the first night
7. **For 48 hours**, don't take ibuprofen (Advil), Aleve, aspirin, fish oil, niacin, or Vitamins A or E (**Tylenol is okay**)
8. **Limit showers to 5 minutes, lukewarm water**, so as to avoid your pores opening and sweat (salt) bleaching out the color. **Shampoo at the very end** of your shower.

Days 2-3 (Dates ___/___ through ___/___):

1. **Dab** at your brows (**don't wipe**) with an **Angel Care Wipe every 2-3 hours that you are awake**; make sure your hands are clean. Please use the **Burt's Bees Facial Cleansing Towlettes** on the rest of your face, as other cleansing products **may not be tattoo-safe**.
2. Let air dry and **apply the aftercare ointment after either cleansing or using the tea bags; moisturize the rest of your face with the Burt's Bees Sensitive Daily Moisturizing Cream.**
3. **Continue to limit showers to 5 minutes, lukewarm water**, so as to avoid your pores opening and sweat (salt) bleaching out the color. **Shampoo at the very end** of your shower.

Days 4-7 (Dates ___/___ through ___/___):

1. Now it is time to **stop** using **Angel Care Wipes on your brows**. You want to **avoid getting your brows wet** at this point.
2. However, **continue to apply the aftercare ointment 3-4 times per day** or more: **you don't want your brows to feel dry.**
3. Use the **Burt's Bees Facial Cleansing Towlettes, Normal Skin**, to clean the rest of your face to avoid getting your brows wet. **Moisturize the rest of your face with the Burt's Bees Sensitive Daily Moisturizing Cream.**
4. **Continue to limit showers to 5 minutes, lukewarm water**, so as to avoid your pores opening and sweat (salt) bleaching out the color. **Shampoo at the very end** of your shower.

Days 7-30:

- **Days 7-10: Cleaning, Sunscreen & Moisturizing (Dates ___/___ through ___/___)**
 - **Morning:** Continue to clean your face with the **Burt's Bees Facial Cleansing Towlettes**, **avoiding getting your brows wet**
 - Apply the **Neutrogena Dry-Touch** afterward; use it as a moisturizer and makeup primer for your entire face, **applying it very sparingly and gently on the brows**; we want them **moist & protected**, but *not greasy*
 - **Evening:** Continue to clean your face with the **Burt's Bees Facial Cleansing Towlettes**, **avoiding getting your brows wet**
 - Moisturize your entire face, **including your brows**, with **Burt's Bees Sensitive Daily Moisturizing Cream**
- **For 10 days, avoid (through ___/___):**
 - Sleeping on your **face** or **side**
 - Exercising, using a sauna, facials & steam, or any other **activities that will cause you to sweat**
 - Showering for more than 5 minutes (shower in lukewarm water and shampoo at the end)
 - **Getting your brows wet**
- **After 10 days: Cleaning, Sunscreen & Moisturizing (beginning ___/___) YOU CAN NOW GET YOUR BROWS WET!**
 - **Morning:** Continue to clean your face **and brows** with the **Burt's Bees Facial Cleansing Towlettes**
 - Apply the **Neutrogena Dry-Touch** afterward; use it as a moisturizer and makeup primer for your entire face, **applying it very gently but thoroughly on the brows**
 - **Evening:** Continue to clean your face **and brows** with the **Burt's Bees Facial Cleansing Towlettes**
 - Moisturize your entire face, **including your brows**, with **Burt's Bees Sensitive Daily Moisturizing Cream**
- **For 2 weeks, avoid (until ___/___):**
 - **Brow hair removal:** tweezing, threading, waxing, or sugaring your brow hairs
 - **Tinting your brow hairs** or **applying any products not listed on this sheet.**
 - **Forehead, brow or eye makeup** of any kind (mascara is okay, but nothing on the eyelid)
 - You can start to use **forehead, brow & lid makeup after 2 weeks.**
- **For 1 month, avoid (until ___/___):**
 - Putting your face in the direct line of the shower spray **to avoid traumatizing your healing brows.**
 - Exposing your brows to **daylight or UV rays**; wear hats & large sunglasses for the **first week**; **sunscreen after that**
 - **Cleansers & moisturizers** labeled as "anti-aging" or "anti-acne" (**just use the Burt's Bees products**)
 - Prescription & nonprescription **Retin-A, retinol, chemical peels** like Alpha Hydroxy Acids (AHA) and other acids, and the use of ClariSonic brushes, abrasive scrubs and creams
 - **Never apply these directly on your brows; keep chemical peels 2 inches away from your brows**
 - **Microdermabrasian** or **dermaplaning**
 - **Botox** between or above the brows; this can drastically change the look of your brows; take it easy with botox until you know how your new brows will react. **Botox in the forehead can flatten the eyebrows.**
 - **Submerging your brows** in chlorinated pools or Jacuzzis, salt water, or fresh bodies of water
 - After the first month, do apply a thick coat of Vaseline on your brows for swimming, but as soon as you're out of the water, wipe off the Vaseline and re-apply sunscreen

What to Expect During the Healing Process

Immediately after the procedure, the color should be what we selected. Over the course of a few days they may become darker, but will return to the original color. Your brows may also be thick from swelling, but this will settle down during healing.

1-3 days after the procedure, you'll be in the **acute healing stage**. You may have blanching from the anesthetic, swelling, redness, skin sensitivity. These are all normal side effects.

To reduce swelling & discomfort, apply cold chamomile tea bags for 5-10 minutes, 3-4 times per day, patting dry & applying aftercare immediately afterward. Remember to sleep with your **head elevated**.

4-7 days after the procedure, the top layer of the skin will start to become **flaky & itchy** and **may start peeling off or scabbing. Do not pick or scratch. Don't even "help" a flake or scab that is hanging by a thread.** Press any hanging flakes down with your aftercare product.

6-8 weeks after the procedure, will be your touch-up appointment, which we'll schedule at the time of your initial service. There is a small nonrefundable deposit & separate fee for this. **THERE IS A \$100 LATE FEE FOR CLIENTS RESCHEDULING BEYOND 10 WEEKS FOR ANY REASON, INCLUDING EMERGENCIES.**

6-24 months afterwards, you may need a **Color Boost** to refresh microblading strokes; **longer for machine-only procedures**. The price is determined by how much work you need done, which in turn is determined by factors such as your skin type, certain medications, and your aftercare, *especially* sun exposure, anti-aging treatments, and exposure to chlorine and salt water. Also, the longer you wait, the more fading, and the more work I will have to do, making the appointment longer and more expensive.

I understand & agree to these aftercare instructions:

Print Your Name

Signature

Date