

Preparation & Aftercare – Eyebrow treatment

Preparing for your eyebrows procedure

It is essential that the eyebrow area is healthy and strong prior to your eyebrow treatment. Appropriately preparing your skin for the procedure can lessen sensitivity and reduce any irritation.

What's more, it's easy to do – here's how:

For **four to six weeks** prior to your appointment, do not:

- o use Vitamin A/Retinol products
- o undergo Botox or filler procedures

For **two weeks** before your eyebrows treatment, do not:

- o pick/tweeze/wax/perform electrolysis on the area
- o use oily creams, only lightly moisturise the surrounding skin
- o wax or tint your eyebrows
- o tan or spend prolonged periods in the sun
- o undergo any type of facial or skin peel

For **one week** prior to your appointment, do not:

- o take Fish Oil or Vitamin E

For **24 hours to 48 hours** before the procedure, do not:

- o work out or undertake forms of physical exercise
- o drink alcohol
- o consume coffee or other caffeine products
- o take aspirin or ibuprofen for pain relief
- o schedule any dentist appointments.

Caring for your eyebrows post-treatment

The secret skincare routine for amazing semi-permanent makeup results?
Absorb. Wash. Moisturise.

Day 1: Absorb

On the day of your treatment, following the procedure, simply blot the area gently with a clean tissue to absorb excess lymph fluid. Repeat every 10 to 15 minutes throughout the day, until the oozing has stopped.

Removing this fluid will prevent hardening of the lymph.

Days 1 to 5: Wash

Be sure to wash daily to remove bacteria and dead skin. Don't worry, doing so will not remove the pigment.

Cleanse your eyebrows each morning and night by gently wiping your eyebrows with a clean cloth, dampened with distilled water. To dry, gently pat with a clean tissue.

Do not use any cleansing products containing acids, such as glycolic, lactic, or AHA, or any exfoliants.

Days 1 to 7: Moisturise

In the days following your procedure, apply a rice grain amount of aftercare ointment across the treated area with a cotton swab.

Always ensure the area is always clean and dry. Never apply the ointment to a wet or damp tattoo.

Once applied, the ointment should be barely noticeable on the skin. To dry, gently pat with a clean tissue.

Showering on the days following eyebrows treatment

Limit showers to five minutes, as to not create excess steam.

Keep your face and treated area out of the water while you wash your body. At the end of your shower, wash your hair.

Endeavour to only allow your face to be wet at the very end of the shower. Always avoid excessive rinsing, never using hot water on the treated area.

Other important reminders

- Use a fresh pillowcase
- Allow any scabbing or dry skin to naturally exfoliate away – picking can cause scarring and loss of colour
- No facials, Botox, fillers, chemical treatments or microdermabrasion for **four to six weeks**
- Avoid hot, sweaty exercise for one week
- Wear a hat when outdoors and avoid direct sun exposure or tanning for **four weeks** after your procedure
- Avoid heavy sweating and long hot showers for the first **ten days**
- Do not sleep on your face for the first **ten days**
- Avoid swimming, lakes, and hot tubs for the first **two weeks**
- Do not use topical makeup including sunscreen on the area until treated area is healed
- Desist from rubbing, picking, or scratching the treated area.

Remember, with the appropriate preparation and aftercare routine, you will have superlative results from your semi-permanent makeup procedure.