

# Aftercare Instructions

**Please follow these instructions carefully otherwise the bonding/healing process necessary to stabilize the pigment and skin repair may be compromised**

## The day of your procedure

**Day of procedure: Keep dry.** Gently blot area with sterile gauze or a clean tissue every 5-15 minutes to absorb excess lymph fluid (clear fluid) to prevent scab formation, until the lymph fluid subsides (usually within 3 hours). It is very important to **keep area dry**, do not wash. Water will dilute pigment and can cause swelling. Normal activities can be resumed except exercise that may cause sweating.

**Days 2-7** Wash gently, *morning and night* to remove bacteria, dead skin, buildup of product and oils with an antibacterial soap or Dr Bronner Baby soap, using a very light touch with your finger tips. Gently, thoroughly rinse, pat **dry** with gauze or clean tissue. Apply rice grain amount of aftercare ointment with cotton swab and spread across treated area. Be sure not to over-apply ointment, this could delay healing and skin needs to breathe. Be sure area is DRY before applying ointment. Apply aftercare ointment 2-3 times a day or whenever it feels dry.

## WHAT TO AVOID:

- **Important to keep hands washed-** when washing area or applying ointment.
- **Do not expose treated area-** with sweat, animals, direct shower spray, steam, hot water, hot tubs, pools for at least 3 weeks.
- **Direct sun** for 4 weeks after procedure (wear hat when outdoors).
- **Makeup and lotions-**during healing process, keep all makeup, lotions, and exfoliating products away from treated area for 2 weeks.
- **Sleeping-** avoid having eyebrows touch pillow and change pillow case frequently. No sleeping with pets during healing period or on face.
- **No exercising and/or sweating** for a few days prior to getting tattooed and for 1-2 weeks after procedure. Healing must be complete before resuming exercise.
- DO NOT get shampoo or cleansers on treated area for the first week.
- **No SCRATCHING or PICKING** (can cause loss of color & scarring), avoid using washcloths.
- **NO COSMETICS** in area for 14 days (may interfere with both healing and color)
- **DO NOT USE** VASELINE, POLYSPOREN OR ANY PETROLIUM based products while healing

- **Avoid for 4 weeks after procedure:**
- **NO ANTI-AGING PRODUCTS or facial products** containing Alpha Hydroxyls, AHA, Retin-A, Lactic or Glycolic acids
- **DO NOT apply any anti-acne products** (Proactive, Salicylic Acid, Benzoyl Peroxide, etc) or bleaching creams such as hydroquinone to treated area while healing
- DO NOT tint, bleach, dye area, thread, wax, or use hair removal products while healing

### **What to expect during healing process and protocol to follow:**

- **DAY 1-2:** Pigment will appear darker and bolder (DO NOT BE CONCERNED) due to natural healing process, with minimal swelling, redness, and a sun burned feeling. Your brows will fade 30-50% and shrink up to 15% after the healing process. The natural exfoliation process over the next few days will cause the excess pigment to flake away and a thinner appearance will result. New skin will heal over the brow area and result in a softer more muted appearance.
- **DAY 3:** Brow area will start to itch and will appear a bit thicker in texture as the natural exfoliation begins, DO NOT PICK, continue with aftercare (gently wash, pat **dry**, apply Aquaphor (rice size) 3 times a day)
- **Day 4:** The skin begins to flake-peeling from the outside edges first. It may feel dry and chapped. DO NOT PICK, apply Aquaphor. It may appear that the hair strokes have disappeared, many clients loose 20-50% of the initial pigment, as the eyebrow goes through the different healing phases. More color returns after 3-4 weeks.
- **DAY 5:** Color finishes flaking off and appears softer and grayer for up to 8 weeks until color clarifies. At the “touch up” appointment we will assess color retention, faded strokes, shape, etc.
- Every client heals differently depending on their skin type and correct after care.
- **4-6 weeks:** Touch-up appointment, this is when we evaluate the healed brow. Does it need more color, strokes, or design additions.
- If signs of infection develop (excessive redness, swelling, tenderness, drainage, rash, etc) see doctor immediately.

### **Long term care:**

- After healing begin AM/PM regimen- apply hydrating moisturizer that is free of any anti-aging or anti-acne ingredients to brow area. Apply SPF sunblock to protect against premature fading from the sun.
- Pigments will slowly fade over time, touch-ups every 1-3 years may be desired. PLEASE NOTE: Clients with large pores, oily skin, use of anti-aging creams, Retinal products, have excessive sun exposure, exercise frequently or who sweat often will probably require a color touch-up more frequently.
- If you are planning on a chemical peel, MRI, or other medical procedure, please inform the technician that you have a tattoo. Laser resurfacing or laser hair removal may darken, lighten, or discolor the tattooed area.