

## *Aftercare*

Healing process after SPMU procedure not always is pleasant, therefore a lot of patience is needed to finally see the healed result.

True reflection of the healed colour can only be assessed 2-4 weeks after the treatment, this is when the skin tissues has healed and recovered.

Your eyebrows will be in the lightest tones during days 5-10, because the colour is absorbed in deeper layers of the skin. Later skin cells push it back to the upper layers.

It is very important to follow the aftercare instruction, in order to allow your skin to regenerate quicker, avoid any complications and get better colour retention.

Steps to follow:

- 1) Your ointment cream has to be applied in thin, transparent layer, so skin can breath. Dabbing motions, with clean finger tips of cotton but.
- 2) Instruction from practitioner: Application of the cream

### *Dry, normal, combination skin*

Day 1-2: apply cream every 1-2h + rinse every 1-2 h

Day 3-4: apply cream every 2-3 h

Day 5-6: apply cream every 3-4 h

Day 7-9: 1-2 times a day

### *Oily skin*

Day 1-2: apply cream every 1-3 h + rinse every 2-3 h (very thin layer)

Day 3-4: apply cream every 3-4 times a day

- 3) Occasionally (only during day 2-3), before you apply the cream on, with cotton pad and boiled, warm water gently wipe off any build up of the lymph & Pat dry
- 4) For first 7 days don't get your eyebrows wet, in shower, bath, washing your hair, washing your face etc. Do not take steaming hot shower of bath- avoid steam!
- 5) 14 days no make up on eyebrows

The following **must be avoided** during all nine days post microblading procedure:

- Increased sweating 7 days
- Practicing sports 7 days
- Swimming 14 days
- Hot sauna, hot bath or Jacuzzi 14 days
- Sun tanning or salon tanning 4 days
- Any laser or chemical treatments or peelings, and/or any creams containing Retin-A or Glycolic Acid on the face or neck 30 days
- Picking, peeling or scratching of the micropigmented area in order to avoid scarring of the area or removal of the pigment
- Performing tasks related to heavy household cleaning such as garage or basement cleaning where there is a lot of airborne debris
- Spicy foods
- Smoking
- 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

Before showering apply a layer of post-care cream to protect your eyebrows from moisture. During the shower keep your face away from the shower head.

Itching and flaking may appear during the first seven days post microblading procedure, However, experience has shown that by following these aftercare instructions these symptoms may quickly disappear.

### **What to expect during and after your microblading session**

Your new semi permanent eyebrow 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 seating 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.

Once completely healed, 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 semi permanent eyebrows. You will simply love your new gorgeous fresh look!