**Fit Brows™**

**Eyebrow Microblading Aftercare Instructions**

It is essential that you follow these instructions after your microblading session.

**Day 1** (Day of Treatment): Dry Heal for **30 minutes- 1** **hour**.

* At the 3 hour mark, gently use a damp cotton ball/pad and baby soap with lukewarm water to wipe across the brow area to remove lymph. Pat dry. Apply a thin layer of Aftercare Ointment with a Q-tip**. Do this EVERY 3 HOURS.** You want to remove the layer of Aftercare Ointment each time you clean them.

**Day 2:** Clean with cotton pad, baby soap, and lukewarm water **every 3-5 hours**. Apply Aftercare Ointment after each cleaning with a Qtip.

**Day 3**: Clean with cotton pad, baby soap, and lukewarm water **every 5-7 hours**. Apply Aftercare Ointment after each cleaning with a Qtip.

**Day 4 & 5**: Clean with cotton pad, baby soap, and lukewarm water **2x/day**. Apply Aftercare Ointment after each cleaning with a Qtip.

**Day 6-10**: Clean with cotton pad, baby soap, and lukewarm water **1x/day**. Apply Aftercare Ointment after each cleaning with a Qtip.

Do Not use aggressive movements while applying the aftercare ointment. Wash your hands before any contact with your brows to avoid infection while they are healing.

The following **MUST** be avoided during all **10** days post-microblading procedure (could be longer if have deeper wounds):

* Increased sweating
* Practicing sports
* Swimming
* Hot sauna, steam rooms, hot baths, or Jacuzzis
* Sun bathing and tanning beds
* Any laser or chemical treatments and/or peelings/ facials
* Using creams containing Retin A, Glycolic Acid, or Renova on the neck or face
* Picking, peeling, scratching, of the microbladed areas in order to avoid scarring of the area or removal of pigment
* Performing tasks related to heavy household cleaning such as: garages, basements, and attics where there is an abundance of airborne debris
* Spicy foods
* Smoking
* Excessive alcohol consumption which can cause loss of pigment and longer healing time
* Driving in open air vehicles such as: convertibles, boats, bicycles, and motorcycles
* Touching of the microbladed areas except for rinsing and applying the post-care cream with a cotton swab

Itching and flaking may occur during the healing process; only use a Qtip with aftercare ointment to relive the itch, ensuring they heal properly.

The healing of deeper wounds (usually the beginning of the brow) might last between 14-21 days. Touch-ups and/or corrections of the shape and design will occur only after this period.

If you have any unexpected problems with the healing of your skin, Please contact me immediately at (864) 630-7953.

**What to Expect During and After your Microblading Procedure**

Your new 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 settled in completely yet. The color of the pigment will soften gradually. Do not be alarmed if you see some pigment on the cotton pad as this is excess pigment and/or body fluid (lymph) that are exiting your skin.

Once the healing of your 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 to SPF 50 on your eyebrows when exposed to the sun. Sun exposure might cause the color pigment to fade away much faster than desired.

**You can now enjoy your gorgeous new brows!!**