

Microblading Aftercare

What to AVOID during your healing process:

- **Picking, Peeling, Scratching, or Hitting/Slapping your eyebrows.** This will cause you to lose pigment, can cause scarring or hyperpigmentation, etc. Slapping or Hitting your eyebrows can cause the lines in your eyebrows to bleed into other parts of your skin. *Your microblading artist is able to tell if picking caused pigment to lift.*
- **Getting your eyebrows wet.** This includes swimming, steam, facials, hot baths, etc. When showering, please tilt your head back and be mindful of your eyebrows. Be sure to gently dab them dry if they accidentally get wet.
- **Make Up.** Do not apply makeup to your eyebrows until after Day 14.
- **Sweating,** this includes workouts, vigorous activities, prolonged time outside in the heat or other hot environments, saunas, etc.
- **Sun or UV/UVA/UVB Exposure.** No tanning or sun bathing until your eyebrows are fully healed. Over exposure to UV Rays can cause your eyebrows to prematurely fade.
- **Sleeping on your eyebrows** during the first 2 weeks of the healing process. If this is an issue for you please consult with your microblading artist.
- Performing tasks around debris. Think heavy household cleaning, garage work, wood working, etc.
- **Using any products on your eyebrows other than the aftercare wipes + ointment given to you by your microblading artist.** Face washes, serums, sprays, exfoliants, moisturizers, etc. **SHOULD NOT BE APPLIED UNTIL 14 DAYS AFTER MICROBLADING.** Products that are exfoliating or have exfoliating acids or promote cell turnover will cause your microblading to fade. Do not use any other ointments or lotions on your eyebrows other than those given to you by your microblading artist.
- **Driving in open air environments** such as biking, open boating, motorcycling, etc.
- **Touching your eyebrows.** You should always wash and sanitize your hands before washing or wiping your eyebrows to prevent infection.
- Anything that makes you question if its okay to do during your healing process. If you have to question it, don't do it or even better, contact your microblading artist (see above).

Right After Your Appointment

At the end of your session, you will be given Wipes and Ointment for your eyebrows. Clear bandages will also be applied to your eyebrows. (If you have a tendency to sleep on your side or stomach, ask your artist for a few extra so you do not sleep on them.)

Wipe + Apply

Wipe: Using the wipes given to you, *gently* wipe off your eyebrows. Do not stretch the skin when wiping. The skin is well cleansed when there are no traces of pigment on the wipe. Let your eyebrows dry for 1 minute before applying the ointment. You **DO NOT** want to scrub them. Its normal to see pigment, blood or lymph come off.

Apply: Then either using a disposable lip gloss applicator or clean q-tip, apply a thin layer of the ointment given to you after wiping (a little goes a long way, the small amount give to you should last at least 10 days).

30 Minutes - 1 hour after your appointment gently peel off your bandages. Do not quickly remove them or yank them off. (Think peeling back towards your hairline). Then Wipe + Apply once an hour.

For the next 10 Days Wipe + Apply 3-5 times a day. Excessive wiping can cause you lose pigment or strokes. If you feel dry or itchy or start flaking (which is normal) **DO NOT PICK**, instead Wipe + Apply as your eyebrows could be too dry. Do not exceed Wipe + Applying more than 5 times a day.

*If you are a stomach or side sleeper, Wipe + Apply before applying the bandages before going to bed for the first 5 days. Use the tabs as a guide.

If you run out of wipes, you may use lukewarm water (distilled if able) and a small amount of unscented soap on a clean cotton pad or cotton ball.

How to Prep + The Healing Process

Properly following Aftercare instructions accounts for 70% of your outcome.

If you have any questions, please contact your microblading artist.

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How to prepare for your Microblading Appointment

- In-Person Consultations, properly filled out intake forms, and a deposit are always required to book any new microblading client. For more information, ask your microblading artist.
- In order to have a successful microblading appointment, the skin cannot be in the regeneration process (no open wounds, scabs, acne, or damaged areas.)
- Do not take any blood thinning medications or supplements (such as Aspirin, Ibuprofen, Blood Pressure Medication*, Fish Oil, CoQ10, Flax Seed Oil, etc.) If you are concerned about pain during your appointment, you can take a non-NSAID over the counter pain reliever such as Tylenol.
- Do not drink caffeine or alcohol 24 hours prior to your appointment.
- You should refrain from exfoliating procedures or abrasive treatments at least 30 days prior to your appointment and a full 60 days after. This includes facials, Retinol, microdermabrasion, chemical peels, etc. If you have any questions regarding this, contact your microblading artist.
- You should wait at least 30 days before and after you microblading appointments to get Botox or Fillers.
- If you plan on receiving any sort of facial “lift” or cosmetic surgery, treatment, or procedure, please discuss this with your microblading artist.

Healing Process

The Healing Process is different for each client as everybody has a different rate of healing as well as other factors that vary client to client. Here is an idea of what to expect:

Day 1: Bold and slightly dark eyebrows. Swelling, redness, and blanching are expected and will diminish over the next few days.

Day 2-5: Pigment starts to go towards the surface. Microbladed eyebrows will appear dark and thick as well as slightly uneven.

Day 5-10: Flaking occurs and can cause the shape to look off and pigment to look patchy.

Day 10-15: Flaking continues, resulting in patchy eyebrows and unable to see healing results.

Day 15-30: Flaking subsides, giving you glimpses of your enhanced eyebrows. Some are unable to see the strokes due to the skin being in its regenerative process.

How to Prep + The Healing Process

Day 30+: The true tone of the healed microblading is visible. You come in for a touch up 4-6 weeks after your initial microblading appointment to fill any strokes that may have been lost during the healing process and make minor adjustments if need be. After your touch up, you will go through the same healing process.