



## **Pre-Procedure Advice**

Here at Belle La Vie we wish for you to receive the best experience possible. Microblading usually requires multiple steps to achieve the desired brows. Touch-ups are done 4-6 weeks after the initial procedure. Please keep in mind after the first procedure the brows will be 50% darker and will soften within two weeks. In order to achieve best results please follow these before and after care instructions.

Make up is ok and a good idea for us to see how you usually prefer your brows. Plus we do take before and after photos that usually end up on social media. If you prefer music/earbuds please feel free to bring them.

A scratch test will be performed and a topical numbing agent will be used before, during, and after the procedure. However, individuals with sensitive skin could still experience slight discomfort and may become red or swollen in the area after the procedure. We will do our best to make you as comfortable as possible.

Limit your caffeine intake the day of, and avoid alcohol 24 hours before and after the procedure. Avoid using AHA and Retin-A products 2 weeks before the procedure. Botox, microdermabrasion, chemical/laser peels and exfoliation treatments shouldn't be done 6 weeks prior to microblading procedure. If you have had any of these recently, please inform your technician. Avoid brow waxing or tinting the week before appointment.

Avoid vitamin E, Aspirin, Advil, Ibuprofen, and fish oil 24 hours before procedure. Avoid sun tanning/exposure 1 week before procedure and 14 days after. Sun exposure can fade the pigments. Avoid scheduling around your menstrual cycle, you are more sensitive at that time.

Pre-Care instructions are designed to limit bleeding and skin sensitivities during the service. Excessing bleeding during the procedure can dilute the pigment color and lead to poor results.