

## Microblading After Care

BelleLaVie aim's for perfection and wishes for you to have the best possible results with your microblading experience. We become brow buddies for life. However, everyone's skin is different and will react differently: some will heal faster, some skin retains pigment better/longer, and every body's environment/elements vary. Also note, the human body is asymmetrical, which means our face and eyebrows are too. It is our goal to make them match as closely as possible, but nature does play a role in the contour of our brows. Please follow this after care guidelines for the best possible results.

Avoid during healing:

- Tanning and sun exposure during healing process
- **DO NOT RUB, SCRATCH, OR PICK AT YOUR BROWS** while they are healing to avoid pigment loss and scarring. It is normal to have flakes and lifting during the healing process, don't pick. The flakes need to fall off on their own to prevent loss of pigment and scarring. It is also normal to have itching, don't scratch. To alleviate area, gently tap or touch with a clean finger or Q-tip, or apply a light layer of ointment.
- Cosmetic treatments 3 weeks before and after Permanent makeup.
- Swimming, Jacuzzi, saunas, hot yoga and excessive sweating. This causes the pores to expand which causes the pigment to blur or alter the color.
- Do not use Peroxide, Neosporin, Retina or Glycolic Acids in the area while healing.
- Botox, micro needling, chemical peel or facials of any kind should wait until brows are completely healed (about 30-45 days). Do not dye, exfoliate, wax or tweeze eyebrows until brows are fully healed.
- **Do not exercise for 14 days.** Your pores expand and sweat can cause your pigment to blur, fade and possibly not hold. Avoid swimming and hot yoga for 30 days until brows are fully healed.
- Make up or lotions on or around the brows
- **AVOID GETTING BROWS WET.** When showering, don't let the shower head hit your face. Wash the rest of your body first, then lean back and cover the brows

with one hand while you wash your hair. If your brows happen to get wet during healing phase, pat them dry with a clean tissue, DO NOT RUB.

- If possible, try to sleep on your back for 10 days and be mindful of not scratching in your sleep.
- Sun fades all things and semi-permanent make up is no exception. Keep your brows out of the sun with a hat or sunblock.

## THE MICROBLADING PROCESS

As with all permanent make up, it will not hold 100% the first time, we anticipate this and will schedule you a touch up in 8 weeks. The body naturally tries to fight foreign things in the body. The first 5-6 days the brows will be dark. Soon peeling and flaking starts because the outer layer of the epidermis is sloughing off. Your brows will look patchy and lighter underneath. It may look like it didn't take. All the color that stayed will pop out in the 3<sup>rd</sup> week and color will be softer (fades about 20%) and have a more natural look. At your touch up, we will patch up whatever didn't take the first appointment. Permanent makeup is a process to get your desired results. Please note that everybody's regeneration of cells, environment and DNA is different, and results vary.

### Today only

With clean hands, Press on the brows with a clean tissue to remove any lymph.

### For the next 7-10 days

With clean hands, Dab clean with a clean gauze or tissue with the tonic (spray bottle), then apply a light layer (think of a fly's wing) of the ointment with a q-tip. Press brows with a tissue in the middle of the day to keep them dry.

Once brows are healed (all the flakes are off) you can go back to your regular routine. Use a good daily moisturizer to keep them looking beautiful.

If you have a question or a concern, don't hesitate to call or text, I will respond as soon as possible. Kim Wayman 801-916-5755.

Follow us on Facebook and Instagram to see your before and after pictures! If you love your results, let others know and give us a review 😊

Enjoy!