

Pre-Procedure Advice

BelleLaVie wishes for you to receive the best experience possible. 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. Please review before you schedule your appointment.

- It is ok if apply your brow make up on the day of the procedure. I will clean and alcohol the area. Please do not wear foundation, powder or tinted moisturizer. Mascara is ok
- Topical numbing agent (lidocaine) will be used before and during the procedure. However, individuals with sensitive skin could still experience slight discomfort and may become red or swollen in the area. We will do our best to make you as comfortable as possible. Please inform us if you have an allergy to numbing agents.
- Avoid caffeine and alcohol 24 hours before the procedure as it thins the blood increases pain sensitivity.
- Avoid using AHA and Retin-A products 2 weeks before the procedure. Botox, microdermabrasion, chemical/laser peels and exfoliation treatments shouldn't be done 3 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, fish oil, flaxseed, Ibuprofen, and fish oil 24 hours before procedure.
- If you take a blood thinner (including baby aspirin) please schedule for a consultation first and talk with your doctor. A note may be required before treatment.
- 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.
- Diabetes can lead to slow healing and a doctor's note is required before procedure.
- Inform your technician if you have thyroid issues, Hashimotos disease, anemia, rosacea, nursing/pregnant, diabetes, take a blood thinner, have any allergies, botox/injections, or are going through chemotherapy.

