

MICROBLADING AFTERCARE

Looking after your newly microbladed brows needn't feel like a difficult task. This aftercare sheet gives in-depth detail about microblading aftercare to put you in possession of the facts and to counteract the huge amount of inconsistent and differing advice that you might read online.

There is a large disparity in results that can be achieved from microblading and these results are based upon numerous factors such as the composition of the skin (*i.e. oily versus dry*), how much a customer bled during treatment, how much anaesthetic was used during treatment and, perhaps the most important, how well you look after your brows following treatment.

Due to the many variables as mentioned above that affect the healed results of microblading some people choose to have a top-up a few weeks after their initial treatment.

If you follow the instructions below while healing (7 to 10 days immediately following treatment), you can expect to achieve a great result.

The absolute best results come from keeping your brows constantly moist with the cream that you have been given for the next 7 days.

The small pot of cream you have been given should last you 7 days. **During the day, apply a thin 'film-like' layer every 2 hours** – as a result *the brows will have a shiny appearance.* **At night, before bed, saturate the brows entirely with the cream** – so much so that they appear white in colour.

If you strictly adhere to the above throughout the 7 days following the treatment, the individual blade strokes will heal independently from one another. If at any point, the brows have become dry, it is possible that the strokes will 'fuse' together when healing meaning that a scab will occur. If a scab forms it is highly likely that it will come away prematurely from the skin – meaning it will take pigment with it. This is the reason why I encourage you to keep your brows as moist as possible with the cream throughout the 7-day period following treatment. **If small scabs do form, extend your use of the cream to 10 days.**

If your pot of cream runs out, don't panic! Buy some 'Bepanthen' and use exactly as stated above.

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The most important factor in aftercare is adhering to the use of the cream as instructed above. There are however, further points you should take into consideration in the first 7 to 10 days while healing and in the weeks afterwards.

YOU CAN wash/cleanse your face and shower as normal while healing. I would recommend a very mild cleanser or plain soap like 'Simple' on the brow area after treatment. **REMEMBER: after washing/showering, pat the area dry and immediately apply the cream again – do not allow them to dry out.**

YOU CAN exercise while healing. I would simply urge you to use common sense as to the level of exertion so that you are not sweating profusely into your new brows. Sweat is full of bacteria, the microbladed area has broken skin that needs to heal and so naturally you want to keep it clean of bacteria. An option if you really need or want to work out intensely is a sweat band to stop any sweat seeping into the brows. The cream that you will be using naturally repels liquid so provides some protection.

DO NOT go swimming or sit in a sauna, steam room or jacuzzi while healing – swimming pools and jacuzzi's are full of chlorine (*as mentioned above, the brow area is broken skin that needs to heal and so you don't want a harsh chemical like chlorine in it*). Steam rooms and saunas bring on excessive sweating – for the same reasons as above with exercise, best avoided whilst healing.

DO NOT pick or scratch at any dry skin/flakiness or scabs while healing; let the skin fall off naturally. Picking can cause scarring and premature loss of pigment. **IMPORTANT:** Once the flakes have fallen off, a shiny layer of healing skin will completely cover the hair strokes. It may appear as though the microbladed area has completely disappeared. This is just new skin forming. Within 1-2 weeks, the hair strokes will slowly reappear at a lighter shade as your skin regenerates.

DO NOT apply make-up to the brows while healing (*it's unlikely you would even need to do so during this period as the colour will be intense whilst healing*). Cosmetics can be used on the brows once fully healed if you wish.

DO NOT use Vaseline or other petroleum-based products on the brows while healing.

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DO NOT bleach the area for one month following the procedure.

DO NOT thread, wax or have laser hair removal on the treated area while healing.

AVOID applying the following products to the brow area:-

- anti-acne products (eg. *Benzoyl Peroxide, Proactiv, or Retin-A*);
- lightening creams (*also known as skin-bleaching creams*) such as hydroquinone; or
- anti-aging products (*see note below*).

Ingredients that might not immediately be obvious to you to avoid using on and around the brow area include Alpha Hydroxyls (known as AHAs), Vitamin C and 'fruit extracts'. Anything that ends in 'ic' is an acid i.e. salicylic acid, hyaluronic acid, glycolic acid, ascorbic acid, lactic acid. Products containing acids encourage skin cells to regenerate at a quicker pace – good for a youthful glow, not good for your newly microbladed brows as these products will result in the brow pigment fading faster. You can still use these products on your face but exercise caution around the brow area, ensure when you put your product on, it doesn't seep into the brow area.

AVOID sitting in direct sunlight for a few days afterwards. If you know you're going away on holiday afterwards, please exercise common sense by protecting the area with high factor sun-cream, large sunglasses and/or a hat.