

# BROW AFTERCARE INSTRUCTIONS



Following these simple aftercare steps will ensure the highest quality healing of your eyebrows and will limit any complications during healing

## Day 1 **ABSORB**

Throughout the first day, we recommend gently blotting the area with clean tissue or cotton round to absorb excess lymph fluid. Do this every 10–15 minutes for the first few hours until oozing has stopped, as removing this fluid prevents hardening of the lymph.

## Days 1–7 **WASH**

For the first 7 days, please wash your brows daily to remove bacteria, dead skin and debris. Every morning and night during the first 7 days, gently wash your eyebrows with water and a gentle soap or cleanser that is fragrance free (Such as Dial Soap, Cetaphil or Neutrogena). First, wash your hands with soap and water before cleaning your brows. Then, using tepid water, gently cleanse the area in a circular motion using your fingertips for 5–10 seconds and then rinse with water. You want to ensure that all soap is rinsed away prior to drying your brows. To dry your eyebrows all you need to do is gently pat them with a clean tissue or cotton round and let them air dry for approximately 10–15 min. . Please make sure NOT to use any cleansing products that contain acids (glycolic, lactic or AHA) or exfoliants.

## Days 1–7 **MOISTURIZE**

Apply your aftercare 2-4 times a day for the first 7 days When applying aftercare, apply a rice grain amount of the aftercare ointment you were given after your session. The easiest way to do this is with a cotton swab and spread it across the treated area. Be sure not to over-apply as this will suffocate your skin and delay healing The ointment should be barely noticeable on the skin, so a rice grain amount will be plenty. When you apply the healing ointment, make sure that your brows are dry as you never want to put the ointment on a wet or damp

## **IMPORTANT NOTE ABOUT SHOWERING:**

Limit your showers to 5 minutes so you do not create too much steam. Keep your face/procedure out of the water while you wash your body, then, at the end of your shower, wash your hair. Your face should only be getting wet at the very last end of the shower. Avoid excessive rinsing and hot water on the treated area.

## ADDITIONAL NOTES:

- In case of swelling, cover the treated area with plastic wrap and place ice or ice packs over the affected area to relieve the symptoms – do not place the ice directly on the affected area to avoid moisture and/or contamination.
- Use a fresh pillowcase
- DO NOT pick, rub or scratch your brows as they heal, as picking can cause loss of color and scarring. Be sure to let any scabbing or dry skin naturally exfoliate away.
- No facials, botox, chemical treatments or microdermabrasion for 4 weeks.
- Avoid direct sun exposure or tanning for 4 weeks after procedure. If you have to go outdoors, we recommend wearing a hat or visor.
- Avoid swimming, lakes, hot tubs for the first 10 days
- Avoid heavy sweating (exercise, sauna's, hot tubs, etc.) and long hot showers for the first 10 days.
- Avoid sleeping on your face for the first 10 days.
- Avoid any makeup around the brow area, including sunscreen on the area.
- Avoid applying cleansers, creams, makeup, makeup removers or any other products on the treated area for at least 10 days after the procedure.
- Avoid smoking for at least 10 days after the procedure.
- Avoid driving in open-air vehicles, such as boats, convertibles, bicycles and motorcycles during the first 7 days after the procedure.

