

## **Microblading Aftercare:**

### **The day of the treatment: Absorb**

Gently blot the area with clean tissue to absorb excess lymph fluid. Do this every 5 minutes for the full day until oozing has stopped. Removing this fluid prevents hardening of the lymph.

**Days 1-7: Wash:** Wash daily to remove bacteria and dead skin. (Don't worry....THIS DOES NOT REMOVE THE PIGMENT!)

Gently wash your eyebrows each morning and night with water and an antibacterial soap like Dial Soap, Cetaphil or Neutrogena. With a very light touch, use your fingertips to gently cleanse the eyebrows. Rub the area in a smooth motion for 10 seconds and rinse with water ensuring that all soap is rinsed away. To dry, gently pat with a clean tissue. DO NOT use any cleansing products containing acids (glycolic, lactic, or AHA), or any exfoliants.

### **Days 1-7 Moisturize:**

Apply a rice grain amount of aftercare ointment 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. Never put the ointment on a wet or damp tattoo.

Here are some extra tips to help with a smooth and easy recovery:

#### **Important Reminders:**

- Use a fresh pillowcase
- Let any scabbing or dry skin naturally exfoliate away. Picking can cause scarring or loss of color
- No facials, botox, chemical treatments or microdermabrasion for 4 weeks

Avoid hot, sweaty exercise for one week  
Avoid direct sun exposure or tanning for 4 weeks  
after procedure. Wear a hat when outdoors.  
Avoid heavy sweating and long hot showers for  
the first 10 days.  
Avoid sleeping on your face for the first 10 days  
Avoid swimming, lakes, hot tubs for the first 10  
days  
Avoid topical makeup including sunscreen on the  
area  
DO NOT rub, pick or scratch the treated area.

**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.