



## Brows Pre-Care Instructions

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Please follow these instructions to ensure the best results and proper healing:

Avoid alcohol, caffeine, and energy drinks for 24 hours prior to your appointment.

Do not take blood-thinning medications or supplements such as aspirin, ibuprofen, fish oil, vitamin E, or niacin 24–48 hours before (unless medically necessary).

Avoid tanning, sunburn, or prolonged sun exposure for at least 1 week prior.

No waxing, threading, tinting, or brow shaping for 5–7 days before your appointment.

Avoid facials, chemical peels, microdermabrasion, or laser treatments for 2 weeks prior.

Do not use retinol, Retin-A, AHAs, or exfoliating products around the brow area for 7–10 days before.

Avoid Botox or fillers in the brow/forehead area for at least 2 weeks before your appointment.

Come to your appointment with clean skin and no makeup on the brow area.

Eat a meal before your appointment to help maintain stable blood sugar levels.

Not suitable for appointment if:

You are pregnant or breastfeeding.

You have a sunburn or irritated skin in the brow area.

You are currently on Accutane (within the past 6–12 months).

You have active skin conditions, infections, or open wounds in the area.

## BROW AFTER-CARE INSTRUCTIONS

### DAYS 1 & 2 – IMMEDIATE CARE

- For the first 30 minutes after treatment, blot the brows every 10 minutes with a clean tissue or the antiseptic wipes provided.
- On Day 2, blot gently 3x per day (morning, afternoon, and evening) with the provided antiseptic wipes.

Do NOT:

Touch, pick, scratch, rub, peel, or tamper with the treated area. This will damage pigment retention.

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### DAYS 3 TO 6 – GENTLE CARE

- You may now rinse your brows gently with lukewarm water in the morning and at night. Do not put your face directly under the shower stream—use your clean hands or a clean washcloth to rinse gently.
- Always wash your hands thoroughly before touching your face or brows.
- Once dryness begins, apply a rice grain-sized amount of ointment (for both brows) as needed. Do not over-apply.
- If you have oily skin and are not experiencing dryness, skip the ointment.

Avoid:

- Sweat, steam, lotion, soap, makeup, and any water pressure on brows.

- Physical activity that causes sweating.
  - During showers, apply a thin layer of ointment beforehand to act as a barrier against steam and moisture.
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#### DAYS 7 TO 14+ – HEALING PHASE

- Avoid the following for 14 days:
    - Hot tubs, pools, ocean water, saunas, hot showers or baths, tanning beds, or sun exposure.
    - Vaseline, Neosporin, or petroleum-based products.
    - Makeup or skincare in the treated area (minimum 7 days).
    - Facials, waxing, threading, or any skin treatments.
    - Exposure to dirty or unsanitary environments.
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#### DAYS 15 TO 30 – FINAL STAGE

- Avoid alcohol-based products and acids (glycolic, salicylic, fruit acids) in the brow area.
  - No facial injectables for 30 days.
  - After 30 days: Apply SPF 30 or higher daily to protect and prolong your brow color.
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#### TOUCH-UP POLICY

Your brows will appear darker at first and may look uneven as they heal. This is normal. Some fading or patchiness can occur, which is why a follow-up appointment is required.

Book your 8–12-week touch-up at the time of your initial treatment to avoid additional fees. Appointments made after the 12-week window may be subject to additional charges.