



Small Details Make a BIG Difference

What to Do Before Microblading.

I have been performing permanent make-up now for more than 5 years, focusing exclusively on microblading over the past 4 years. In this time, I have completed over 1,000 procedures, including touch-ups, experimenting with numerous techniques to help my clients get better results. I have literally tried and done EVERYTHING.

What I have found is that the right pre-care and aftercare can truly make a MASSIVE difference in the results. Knowing just how important prep and aftercare are, I have researched and experimented with many techniques and combinations. I have done dry techniques, wet techniques, washing, no washing, etc. I have tried various products, creams, ointments... you name it, I've tested it.

To help you in your microblading procedure, I have outlined my lessons learned and provided a formula that will help to ensure that you get the best results possible.

The Prep:

If you have ever hired a professional painter, they will tell you that "it's all in the prep". Professional painters know that they get the best results when they spend extra time sanding, filling holes, making sure edges are smooth and applying the right primer. Well, microblading is remarkably similar. You will get much better results when you properly prep.

It all starts with a good canvas! The eyebrow area must be healthy, strong, non-sensitive, and non-irritated. Here is how to get your skin ready for the procedure:

- Do not pick/tweeze/wax/perform electrolysis one week before the procedure.
- Do not tan two weeks prior to the service or have a sunburned face.
- Do not have any type of facial 2 weeks prior to the procedure.
- Do not work out the day of the procedure.
- Do not have Botox 3 weeks prior to the procedure.
- Do not take Fish Oil or Vitamin E one week prior to the procedure (they are natural blood thinners)
- Do not wax or tint your eyebrows 3 days prior to the procedure.

In order to avoid excessive bleeding and poor color deposit:

- Do not drink alcohol 24 - 48 hours before your tattoo.
- Do not consume coffee before your procedure.
- Do not take an Aspirin or Ibuprofen for pain relief (these also thin the blood)

Now that you know what NOT to do, it is time to share this recipe for getting amazing microblading results! It is all in the aftercare.

If you have any questions, I will be more than happy to answer. Call Krushenka 708-407-0400.

What to Do After Your Microblading Procedure

I love a good acronym so here is one to help you out, just think of: A - W - M which stands for Absolutely Wonderful Make-up or better yet: Absorb, Wash, and Moisturize!

The day of the treatment: Absorb.

After the procedure, gently blot the area with clean tissue to absorb excess lymph fluid, do this every 5 minutes for the full day until the oozing has stopped. Removing this fluid prevents hardening of the lymphatic fluids.

Days 1-7: Wash

Wash daily to remove bacteria, buildup of product and oils, 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 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. AWM should have you covered, but here are some extra tips to help with a smooth and easy recovery:

Important Reminders

- Use a fresh pillowcase while you sleep.
- 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 the procedure. Wear a hat when outdoors.
- Avoid long, hot showers for the first 10 days.
- Avoid sleeping on your face for the first 10 days.
- Avoid face-down swimming, lakes, and hot tubs for the first 10 days,
- Avoid topical makeup and sunscreen on the area.
- DO NOT rub, pick, or scratch the treated area.

Remember, with the proper prep and aftercare routine, you will have much better results with your microblading procedure. Don't forget your new favorite acronym: AWM - Absorb, Wash, Moisturize!

Important note about showering:

Limit your showers to 5 minutes so that you do not create too much steam. Keep your face/procedure area 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 only at the end of the shower. Avoid excessive rinsing and hot water on the treated area.

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