



## **MICROBLADING PRE-CARE INSTRUCTIONS**

- Refrain from doing any tweezing or waxing for at least 3 days prior.
- No Lasers, Botox, or chemical peels for one month prior to procedure.
- Do not use growth enhancement products such as Latisse, RevitaBrow, and GrandeLash 1 month before or after the procedure has fully healed due to possibility of the color shifting.
- No Microdermabrasion or Dermaplaning for 2 weeks prior to procedure.
- Do not work out on day of procedure.
- Do not resume any method of hair removal for at least two weeks after the procedure.
- Do not book an appointment before major events such as vacations, social events or weddings.
- It is important that you do not have a sunburn prior to and after any procedures. Refrain from exposure to the sun and/or tanning beds for at least a week prior and a month after.
- Please avoid any alcohol 48 hours prior to all procedures.
- Avoid blood thinning medication 72 hours prior to your procedure.
- Try to avoid the following things unless medically necessary prior to all procedures.
  1. Aspirin or similar products (Tylenol is fine)
  2. Niacin and Vitamin E
  3. Ginkgo Biloba, Saint John's Wart or Evening Primrose Oil
- If you have any condition that requires you to take antibiotics prior to going to the dentist, it is a good idea to do the same prior to all tattoo work.
- You may want to take an over the counter antihistamine; such as Benadryl or Claritin to help from tearing if you do not have any adverse effects from doing so.