

**Portia Ijidakinro iShape Brows & Permanent
Makeup**

Aftercare Instructions – Caring for the Procedure Area

After care is very important to achieve a beautiful and lasting result.

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, build up of product and oils, and dead skin.
- Gently wash your eyebrows each morning or at night with cold water and an antibacterial soap like Dial Soap, Cetaphil, or Neutrogena.
- With a very light touch, use your fingertips to gently cleanse the eyebrows in one direction.
- Rinse with water ensuring that all soap is rinsed away. To dry, gently pat with a clean towel.
- DO NOT use any cleansing products containing acids (glycolic, lactic, or AHA), or exfoliants.
- Then apply a rice grain amount of the aftercare lotion I gave you with a clean cotton swab and spread it across the treated area.
- DO NOT 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. Re-apply the ointment/lotion as needed 2-3x a day or whenever your brows feel dry.
- Repeat this process each day for 7 days then you can go back to normal routine after.

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.

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.

Serious medical issues are uncommon. However, if an infection or adverse reaction occurs at the site of the procedure area, contact your personal physician for treatment and report to SNHD special programs at (702) 759-0677.

What's normal?

- Mild swelling, itching, light scabbing and dry tightness are normal.** These symptoms will fade after a few days.
- Too dark and slightly uneven appearance.** After 3 to 7 days the darkness will fade. Also, once swelling dissipates unevenness usually disappears. If the pigment is too dark or still a bit uneven after 4 weeks then we will make adjustments during your touch up appointment.
- Color change or color loss.** As the procedure area heals the color will lighten and sometimes seem to disappear. This can all be addressed during the touch up appointment and is why the touch up is necessary. The procedure area has to be completely healed before we can address any concerns. This takes about four weeks.

Healing Process and Touch-Up:

- If you keep your brows clean and dry, only a thin film (not a scab) will appear after 4-7 days. It will peel off itself in 7-10 days (do NOT peel it off). After the film peels off you can still feel some dryness, in this case clean or disinfect the area with a small amount of coconut or grape seed oil. Be careful with any cleaning in the affected area. The full healing period is 28-45 days.
- If there is any contact with water, sebum or sweat, the wound will expand and cause a scab. The scab will result in itching and peeling of the pigment. If you scratch the scab, a scar or white spot can appear and no pigment will be left.
- **Needing a touch up months or years later.** A touch up may be needed 3 months, 6 months or just before you hit your year mark, depending on your skin, medications and sun exposure. We recommend the touch-up 30-45 days after the first session (included in today's price) and every 3 months, 6 months, or a year to keep them looking fresh and beautiful. There will be a charge for any touch up sessions after 60 days. ****Failure to follow after care instructions may result in infections, pigment loss or discoloration.** Everyone's skin heals differently. It is important to remember that this is a two-part process and the second touch-up will complete the procedure. The touch-up is recommended after 45 days. Not everyone, but some people will need a touch-up to fill in missing hairs, make hairs longer or achieve a more intensive color. After you have fully healed, you will see the finished result. **Please be patient and don't panic.**