

Advanced Microblading Training

Cosmetic Tattooing Care and Information

Proper care following your procedure is important and required to achieve optimum results. Keep in mind that some intensity of color will be lost, and /or the color may heal unevenly. This is normal for some procedures, especially after the initial application. This is the reason for the follow up appointment, to fill in any light areas, to go a little darker or thicker if desired, and to adjust shape or color if needed. Please read and follow the directions provided.

1. Wash your hands before touching any treated area.

2. Cool packs (not frozen) may be used to help reduce swelling. Dampen paper towels or cotton pads with water and place in the fridge for 30 minutes....cool area for 10 minutes on and 10 minutes off. Cooling the area is most beneficial the first 24 hours. Sleeping slightly elevated may also help in the reduction of swelling.

3. **Blotting your procedure.** We have created a wound and all wounds weep body fluids (some will weep more and for a longer period than others). Blotting off these fluids and excess pigment is critical to a good result and optimum color retention. If these fluids are allowed remain on the tattooed area and accumulate, you will get heavier scabbing. Heavy scabbing can pull out the pigment which will result in light spots and unevenness of color. Dampen a paper towel with appropriate type of water. With medium pressure Blot your new procedure every 15 minutes for 3 minutes at a time each side upon leaving here. Continue until weeping has subsided. The following three days please blot the area a 4 to 6 times throughout the day. If you have eyebrow hair please make sure you are getting beyond the hair and actually blotting the tattooed skin. .

4. **Washing your procedure.** Starting 48 hours after your procedure use a mild cleanser on and around the procedure area. DO NOT use any cleansing products containing acids (glycolic, lactic, or AHA), or any exfoliates. Dial Soap, Cataphyll, and Neutrogena are good choices. Use a very light touch cleansing your procedure once or twice a day. Make sure you rinse off all cleanser. Pat dry. Wait 10 minutes before applying ointment after getting the procedure wet. Never put ointment on a wet or damp tattoo. **Showering-** Do not take an exceptionally hot shower and keep bathroom doors open as to NOT cause a steam effect. Keep your face/procedure out of the water while you do your other shower “stuff” first. At the very end of your shower wash your hair and rinse back away from your face. Wash your face either avoiding procedure area or over procedure area with a very light touch. Do not let the shower spray hit you directly in the face. So your face/procedure will only be getting wet at the very last end of the shower.

5. **Ointment.** ONLY USE THE HEALING BALM I PROVIDE FOR YOU ...NOTHING ELSE!!! no ointment for the first **24 to 48 hours...until all weeping has stopped.** Apply a thin, light coat of balm 3 or 4 times a day for the remaining of the healing process 2 weeks. ALLERGIC REACTION IS EXTREMELY RARE BUT POSSIBLE. IF YOU NOTICE ANY BUMPS OR RASH OR THINK YOU MAY BE HAVING A REACTION...STOP USING OINTMENT IMMEDIATELY, CLEANSE AREA AND CALL THE STUDIO.

5. Absolutely NO pet grooming, gardening, dusting, mud wrestling or anything that causes dust, dirt and dander for a minimum of 72 hours. Waiting 5 full days is best. **NO EXERCISING FOR 10 DAYS...NO EXCEPTIONS. DO NOT DO ANY ACTIVITY THAT CAUSES SWEAT IN THE AREA OF THE PROCEDURE OR YOUR FACE TO HEAT UP AND TURN RED. ABSOLUTLY NO LAKE ACTIVITIES. DO NOT GO TO THE LAKE OR BEACH. NO HORSEBACK RIDING, NO CAMPING OR RIDING ATVS. NO NOTHING OF THIS SORT. DON'T DO IT! STAY OUT OF THE SUN! KEEP IT PROTECTED AND KEEP IT CLEAN! TLC FOR YOUR NEW PROCEDURE.**

6. During your healing process DO NOT expose your new procedures to chemicals, hot tubs, saunas, direct shower spray, hot water, salt water, chlorinated pools, lakes, or ponds. Direct sun exposure and tanning beds should be avoided indefinitely...both are counter-productive to the cosmetic procedure.

7. Absolutely NO topical makeup on the healing procedure(s) for a minimum of 5 days. Topical makeup is bacterial and your new procedures(s) need adequate time to heal to avoid irritation and/or infection. You may apply your makeup around the new procedure area but avoid applying ON the healing areas. **NO FACIAL, PEELS OR ANY TREATMENTS FOR TWO FULL WEEKS!**

8. Some tenderness, puffiness (even bruising), redness, and itching is quite normal for the tattoo healing process. DO NOT PICK, PEEL, OR SCRATCH the treated area as this could result in your color healing uneven, as well as the risk of scarring and infection.

9. Lastly...relax. Don't worry about a thing. It's just a tattoo that will lighten, soften and heal in a matter of days. Do exactly as I have advised you to do OR what not to do and all heals well. Complications are extremely rare and almost all of the time...my work heals awesome!

Healing Agenda

- Day 1-3 Your eyebrows are about 15 to 20% darker than what they will heal to be. They will also appear thicker than what we drew on. This is due to oxidation and swelling. Don't be concerned with the darker, thicker appearance, this is part of the healing process. You may also have redness that will subside within the first 48 hours. Start ointment after 24 hours to 48 hours. Don't forget to blot off excess fluids.
- Day 4 The peeling begins. The dark outer color will start peeling off revealing the softer lighter color. Keep moist but don't over do
- Day 5-8 Dark outer color finishes peeling off. The color is lighter and softer, and the brows themselves are a little thinner. The color may have a grayish or ashy tone for a few days until the color clarifies. It could appear that you are missing color and have light areas at this time due to layers of dry skin over the new pigment. Give your eyebrows 3 full weeks to heal and for color to fully bloom. Use ointment no longer than 10 days.

All procedures are conducted in accordance with Occupational Safety and Health Administration (OSHA) blood borne pathogens standards. Once you leave my facility it is important to follow after care instructions to avoid complications. Tenderness to the area is expected. This is a wound that must heal. Complications are extremely rare, however, if you observe any conditions that are not consistent with the healing agenda descriptions above, such as any sign of infection, pus, red streaks stemming from the treated area, eyeball irritation, or abnormal discharge or conditions, contact your doctor for treatment and advise me as soon as possible. Thank you for choosing me as your cosmetic tattoo artist. I look forward to a long and wonderful relationship with you!