**CRUSH**

**PRE AND POST CARE: BROWS**

**HOW TO PREPARE**

* Discontinue the use of skincare containing retinol, AHAs/BHAs, hydroquinone, and benzoyl peroxide 2 weeks prior to the treatment.
* Avoid having facials treatments or chemical peels 4 weeks prior
* Avoid sun/tanning bed exposure for 2 weeks BEFORE and AFTER the procedure.
* Do not consume alcohol, caffeine or over the counter blood thinners (aspirin, ibuprofen) 48 hours before your procedure, to avoid excess bleeding. Excess caffeine can also tend to make the client more sensitive to pain.
* If you are planning on having your brows tidied up before the microblading treatment, waxing or threading services must be done at least 72 hours prior.  The skin can be very sensitive after having them waxed/threaded and we do not want to cause irritation or a reaction.
* Botox & Fillers must be avoided two weeks before and after the treatment.
* It’s notable to know that booking your appointment near your monthly cycle can make you more sensitive.

**AFTER YOUR PROCEDURE**

* For the first couple of days, brows will appear dark and very defined before the scabbing phase. The thickness will subside gradually as the days go by.
* Keep the area completely DRY for 5 days.
* You may notice redness, whiteness or blanching around the area, this is quite normal and will subside within 12 hours. If you find any lymphatic fluid or blood weeping you can gently clean the area with cool boiled water and gauze, blotting gently dry to remove any moisture. (or clean & sterile unscented wipe, wash hands!)
* Redness, swelling, and stinging is normal and should subside by the following day completely. If the area feels unbearable for certain individuals who have low pain tolerance, please use a clean ice pack for comfort.
* You will go through three healing phases: 1-heal, 2-peel and 3-fade.
* Once the brow area starts to peel, it will appear flaky and unappealing. The area may feel a bit dry. Do not pick or pull at the treated area as it will result in pigment loss
* Once all scabs have fully fallen off completely and naturally, healed results should appear 10-30% lighter in color and 10-15% smaller in size from the initial. Consider using a waterproof total sunblock when going out in the sun to stop the color fading.

**WHAT TO EXPECT**
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DO NOT expect your brow tattoos to heal perfectly after the first session. This is a 2 step sometimes multiple step process.
BE PATIENT during your 2-week healing process, your brows will change and appear different from day to day, THIS IS NORMAL.
Immediately after your procedure brows will appear darker and more defined and this will last up to 2 weeks. Your brow tattoo can appear more solid, hair strokes may seem to disappear and it may look wet and painted on. THIS IS NORMAL.
Around days 4-5 you will experience scabbing and your brows may look dry and flakey. DO NOT PICK your scabs, let them fall off naturally. If scabbing comes off prematurely, missing hair stokes will result and cause patchy brows.
Your brow tattoo will take up to 4-6 weeks to fully heal. When the scabbing comes off the hair strokes may seem faint, this is because a fresh layer of skin has healed over the brow tattoo. Give your brows a few weeks and the hair strokes should resurface.
You may experience itchiness in the brows after 10 days and up to 2 months because of the healing of the epidermal layer.
Not everyone’s brows can heal clean and crisp. Hair strokes for oilier skin types tend to heal more solid and powdery while drier skin types tend to heal crisper and more defined.
​ **THINGS NOT TO DO**

​DO NOT go on any sunny vacations and avoid the tanning booth! Excessive UV exposure will alter the pigment of your tattoo.
DO NOT use laser light therapy on your brow tattoo. This can darken, lighten, and distort the pigment.
DO NOT run direct water on your brow tattoo. This is crucial for the first few days! You don’t want to wash out any pigment.

DO NOT use cleansers, soaps or any other creams on your brow tattoo. Wash around the area using a cleaning cloth or makeup wipe.
DO NOT use Vaseline, Neosporin, and petroleum-based products on your tattoo.
DO NOT apply any makeup on your brows for 2 weeks.
DO not use exfoliants, retinol acids, or AHA’s on the area for 30 days after the appointment, it will fade your tattoo prematurely.
DO NOT exercise and sweat for 10 days. Sweating may infect, discolour, or prematurely fade your brow tattoo.
DO NOT go into sauna’s, pools, and steam rooms.
DO NOT get massages, facials, or skin treatments during the healing process.

For washing your face, you can either use a baby wipe or facecloth and wash around brows without getting them wet at all. AVIOD THE BROW AREA**.** You can wash your face normally and get your brows wet after 5 days just make sure you don’t leave your brows wet. Press or dab GENTLY on your rows after getting them wet. DO NOT WIPE OR SCRUB**.** Otherwise your scabs will fall off prematurely causing ink to fall out.

**TOUCH UP**
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This is a 2-step process. The first session is used to build shape and gain symmetry. The second session is used to perfect the brows and add density.
The first touch-up or second session is done within the first 1-2 months after the first session.
It is your responsibility to book your touch up appointments. With the high demand it usually takes about 1 month to get a touch-up appointment so please plan accordingly. If your tattoo comes back too faded additional charges may apply.
Do not expect perfect results after the first session.
Darker skin women, permanent makeup will not look as bold or sharp compared to lighter skin clients.
Some client’s skin may have a harder time retaining pigment and may require additional sessions.

**LONG TERM CARE**​
There is no guarantee of results, everyone’s results will vary due to skin type, lifestyle, and the initial aftercare and long-term care of your brow tattoo.

Use at least SPF 50 to protect your brows, sun exposure will cause fading and can alter the color of your tattoo.
Do not use chemical exfoliants on the brows, this will case the brows to fade faster.
Do not do laser your brow area (IPL etc.), some lasers may change the color of the ink.
As the tattoo fades the strokes will get fainter and less defined.
Maintenance is required to maintain desired results. Touch-ups are done on average every 9 - 12 months to maintain your brow tattoo.

Hair stroke brows typically last 1-3 years.

Combo brows typically last 2-3 years.