

# POST-PROCEDURE INSTRUCTIONS

Post-treatment care contributes to 70% of the treatments success. Following careful instructions will give you the best possible results for your skin type and promote good healing. Most importantly, keep your brows clean, moisturized and protected! Please keep these forms throughout the duration of your procedures.

## WHAT TO AVOID WHILE HEALING

KEEP IT CLEAN! DO NOT rub, pick, or scratch the treated area.

Use a fresh pillowcase while you sleep and avoid side sleeping if possible.

Let any scabs or dry skin naturally exfoliate. 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 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 face-down swimming, lakes, and hot tubs for the first 10 days,

Avoid topical makeup and sunscreen on the area. DO NOT use any cleansing products containing acids (glycolic, lactic, or AHA), or exfoliants.

Do not openly expose the area to the elements, such as debris or open aired vehicles.

## IMMEDIATELY FOLLOWING YOUR PROCEDURE

### On the day of:

1. BLOT – 30 minutes after, every 5 minutes, five times.
2. WIPE – 1 hour after, every 30 minutes, four times.
3. WASH – 3 hours after, and every 3 hours until bed.
4. OINTMENT – immediately each time after washing.

### Special notes:

- Always wash hands before handling brow procedures!
- Blot with esthetic wipes, wipe with cotton rounds, apply ointment with a Q-Tip.
- Use sterile bottled water to dampen cotton round before gently wiping.
- Wash gently using Cetaphil, small circular motions, rinse thoroughly.
- Use clean paper towel to pat dry after washing.
- When applying ointment, always use a VERY THIN LAYER.
- Natural shedding of pigment is normal. Do NOT pick flakes, they're not ready.

### DAYS 2 - 5:

1. Wash once in the morning, Pat dry, apply ointment.
2. Apply thin layer of ointment once mid-day.
3. Wash once at night, Pat dry, apply ointment.

### DAY 6 & 7:

1. Wash morning and night, no more ointment.

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## THE TEXTURE ROOM

