

Brow PMU Aftercare Instructions

Expressive Beauty Inc

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It is essential that you follow these instructions after your Brow session:

Day One (Day of treatment):

First 3 hours: As the wounds weep lymph, clean the skin every 30 minutes, using a damp cotton (sterile water) and washing hands before each cleaning time. At the end of the 3 hours, apply a thin layer of Aquaphor.

Remainder of day: Continue to wipe clean and apply Aquaphor every 1 hour until bed.

At night wash the treated area with minimal warm water and mild soap (dry cleanse) (i.e. Cetaphil) (*Wash your hands with a disinfectant soap before washing your eyebrows and/or applying the post-care cream.*)

NOTE: Too much Aquaphor will cause the pigment to scab. Aquaphor is available in the skin care section of any drug store.

Day Two – Ten: Repeat the wiping clean of the brows and applying aquaphor 3-5 times a day. At night dry wash the treated area with warm water & mild soap. Wash your hands with a disinfectant soap before washing your eyebrows and/or applying the post-care cream.

The following **must be avoided** during all 10 days post-pmu procedure:

- **Sweating.** It is recommended not to sweat for the first 10 days after the procedure. Sweat is salt and can prematurely fade the treated area.
- Spicy foods (if they make you sweat)
- **Contaminating/Touching** of the eyebrow area except for when rinsing and applying the post-care cream with a cotton swab - Picking, peeling, or scratching of the micro pigmented area in order to avoid scarring of the area or removal of the pigment
- Performing tasks related to heavy household cleaning such as garage, basement, shed or cleaning where there is a lot of **airborne debris**, or practicing **sports**
- Driving in open air vehicles such as convertibles, boats, bicycles, or motorcycles
- **Excess Water** – during cleaning, shower, Swimming, Hot sauna, hot bath, or Jacuzzi
- **Sun** tanning or salon tanning. (It will turn your pigment gray and fade it)
- Any skin treatments/peels with **laser** or **chemical**, and/or any creams containing **Retin-A** or Glycolic/Salicylic, Alpha Hydroxy **Acid** on the face or neck
- Smoking
- Drinking **alcohol in excess**, as it may lead to slow healing of wounds

AFTERCARE INSTRUCTIONS CONT'D

Before showering apply an extra layer of aquaphor to protect your eyebrows from moisture. During the shower keep your face away from the showerhead. After your shower, remove the excess aquaphor

Itching and flaking may appear during the first seven days post-pmu procedure. However, experience has shown that by following these after-care instructions, these symptoms may quickly disappear.

If you have any unexpected problems with the healing of the skin, please contact ***Erika Resener*** immediately, to discuss further instructions. She can be reached on her cell phone: **682-651-7650**
Please be sure to include a picture.

What to expect during and after your permanent makeup session

Your new temporary eyebrow, lips, liner will go through several phases during the healing cycle.

The pigment will appear very sharp and dark immediately after the procedure. This is because the pigment is still sitting on top of your skin, and has not yet settled in completely. The color of the pigment will soften gradually. Do not be alarmed if you see some pigment on the cotton swab, as this is excess pigment and/or body fluid that is naturally exiting your skin.

Once the healing of the skin starts taking place, it will look like dandruff flakes or dry skin or light crusting. This might give you the impression that the color or pigment is fading too quickly, however, this is just superficial color and dry skin being naturally removed from your skin. This is normal, do not be alarmed as this is a 2 step process and there is a perfecting session still to take place.

In rare cases, a client may scab over. Though is not ideal since it takes away the pigment with the scabs, it is still considered normal and nothing to worry about. We will implant more during the perfecting session. Proper after-care is essential to reducing this.

Touch-ups and/or correction of the shape-design **are UNABLE to be performed prior to 6 weeks and sometimes 8 weeks**. Please be patient as we need time for the deeper skin layers to heal completely.

Once completely healed, **after 2 weeks, always apply** a layer of sunscreen **SPF 30 up to SPF 50** on your eyebrows and even lips when exposed to the sun. Sun exposure might cause the color pigment to fade away more quickly.

At the first sign of infection, allergic reaction, or adverse reaction, contact your health care provider, this office and the Texas Department of Health at 888-839-6676