



BROWS BEFORE YOUR APPOINTMENT INSTRUCTIONS

- 1. DO NOT** drink alcohol, coffee, tea, energy, or caffeinated beverages 2 days before your appointment.
- 2. DO NOT** take any blood thinners such as Aspirin, Niacin, Vitamin E, Ibuprofen, Fish Oil, Krill Oil, Garlic, and Sea Food 2-3 days before your appointment.
- 3. DO NOT** schedule an appointment right before or after vacation.
- 4. DO NOT** tan or have intense sun exposure 2 weeks before your appointment, and **NO sunburned face on the day of your procedure.**
- 5. DO NOT** exercise the day of your appointment or engage in anything that will make you sweat.
- 6. DO NOT** wax, tint, thread, pick, tweeze, laser, or perform electrolysis on your eyebrows one week before your appointment.
- 7. NO** Botox or filler on the forehead or eyebrow area 1 month before your appointment.
- 8. NO** laser or chemical peel, microdermabrasion, or other intense facial treatments 1 month before your procedure. This will cause skin irritation and faster cell rejuvenation, which leads to poor color retention.
- 9.** Wash your face and moisturize twice a day at least 1 week before your appointment. Please avoid anything or product that might irritate your skin.
- 10.** Please, no cream, numbing cream, or makeup on your brows, except brow pencil, the day before and the day of your appointment. This will cause a leather-like feeling that will alter the result.
- 11.** Please draw your eyebrow the way you like it and bring your favorite eyebrow pencil.
- 12.** If you use Accutane to treat acne, you must wait at least one year after completing your Accutane therapy to receive this service.
- 13.** Discontinue using topical Retinol, Retin-A, and AHA (glycolic, tartaric, malic, lactic, and citric acid) products one week prior.
- 14.** Please avoid scheduling your appointment around your menstrual cycle because this will increase sensitivity.
- 15.** Fix/wash your hair before your appointment because you won't be able to get your eyebrows wet for 7 days following your service.
- 16.** No antibiotics or steroid medication 2 weeks before or after your procedure. Antibiotics affect the healing process and can cause very dark unflattering brows.
- 17.** Gently exfoliate the skin area of the brow 1 WEEK before the appointment, this helps the skin retain color better. Stop exfoliating a day before your service.
- 18.** You must NOT be pregnant or breastfeeding.
- 19.** If you don't have any medical condition which prevents you from drinking a lot of water, please drink 3 liters of water a day, 1 week before your procedure; a good habit to continue even after.
- 20.** If you have any serious medical conditions such as hemophilia, diabetes, skin disease, epilepsy, seizures, fainting, narcolepsy, HIV, hepatitis, heart problems, etc., please talk to your doctor and get a clearance for this procedure.