



elevating your self confidence.

# Before Appointment Instructions

Congratulations on booking your microblading appointment! Below is a list of pre-procedure instructions that each client must follow to ensure the best results and to be as complication-free as possible during and after your appointment.

1. If possible, do not take Aspirin or other blood thinners (ibuprofen, fish oil, vitamin E, etc.) 5-7 days before the procedure to prevent bleeding and flushing out pigment. Non-Aspirin pain reliever (such as Tylenol) may be taken up to one hour prior to the procedure. **DO NOT DISCONTINUE ANY MEDICATIONS THAT ARE PRESCRIBED BY A PHYSICIAN OR WHICH ARE NECESSARY FOR YOUR HEALTH.**
2. If you are pregnant, you cannot have microblading performed, and you will be rescheduled.
3. Avoid exercising/working out on the day of your appointment. This can increase blood flow and affect your results and retention.
4. Avoid alcohol for 24 hours prior to your appointment and avoid ANY caffeine for 12 hours prior to your appointment to prevent bleeding (this includes decaffeinated coffee/tea.)
5. If you have a condition that requires you to take antibiotics before a dental visit, you must check with your doctor to determine if antibiotics are needed for permanent cosmetics.
6. Hair removal before your initial appointment is not recommended; it's best to see how your eyebrows naturally grow so the microblading blends seamlessly. Please refrain from hair removal around your eyebrows such as tweezing, waxing, or threading for one week before your appointment.
7. Botox and skin plumping injections such as Restylane may alter the shape of your permanent cosmetics. You must wait at least two weeks before or after getting microblading.
8. Skin treatments such as Retin-A or Glycolic Acid thin the skin and must be discontinued 30 days prior to your procedure.
9. Accutane users must be OFF Accutane for at least one year.
10. Microblading cannot be performed over fresh sunburns or freshly tanned skin, including from tanning beds or natural light. You will be rescheduled if you arrive for your appointment with a sunburn or freshly tanned skin.
11. Bring in photos of brows you like so we can get a good idea of what you are wanting for your brows. You can also come with your brow makeup done so we can see what you're used to seeing each day.



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