

# Ann Webb Skin Clinic

## Microblading and PMU Pre & Post Care

### BEFORE YOUR TREATMENT

- Do not work out the day of the procedure.
- Do not tan or have sunburn on your face.
- No aspirin, niacin, vitamin E or ibuprofen 24 hours before procedure.
- No alcohol or caffeine on the day of the procedure.
- No waxing or tinting 3 days before.
- If prone to cold sores, take preventative medication prior to lip PMU treatment.
- Please note that you will be more sensitive during your menstrual cycle.

### AFTER YOUR TREATMENT

- DO NOT rub, pick, or scratch the treated area. Let any scabbing or dry skin naturally exfoliate off. Picking can cause scarring.
- Avoid direct sun exposure or tanning for 3-4 weeks after procedure.
- Avoid heavy sweating for the first 10 days.
- NO facials, cosmetic injections, chemical treatments and microdermabrasion for 4 weeks.
- Avoid sleeping on your face for the first 10 days.

**PLEASE NOTE: Eyebrows will appear darker and bolder due to natural scabbing and healing for the first 10 days. This is very common for all permanent cosmetic procedures.**

### WHAT'S NORMAL?

- **Swelling, itching, scabbing, light bruising and dry tightness.** Ice packs are a nice relief for swelling and bruising. Aftercare calm is nice for scabbing and tightness.
- **Too dark and slightly uneven appearance.** After 2-7 days the darkness will fade and once swelling dissipates, unevenness usually disappears. If they are too dark or still a bit uneven after 4 weeks we will make adjustments during the touch up appointment.
- **Color change or color loss.** As the procedure area heals the color will lighten and sometimes seem to disappear. This can all be addressed during the touch up appointment and is why the touch up is necessary. The procedure area has to be completely healed before we can address any concerns. This takes at least 4 weeks.