

# Post-Care Instructions for 3D Eyebrows



Microbladed eyebrows heal best with an overall “dry heal.”  
Gentle washing at morning and night with Dial antibacterial soap is recommended to get the lymph off of the area for better healing.

Lymph: A colorless fluid containing white blood cells that bathes the tissues and drains through the lymphatic system into the bloodstream.

## **For the first 10-day after your appointment:**

- Avoid washing your hair for the first 2 days when you shower to keep your eyebrow area dry.
- If you need to wash your hair in the first 2 days, simply use dry shampoo.
- When showering on days 3-10: do not allow direct water to your face/brow area.
  - Instead of washing your face, use a cleansing cloth and be sure to avoid the eyebrow area.
  - When you do take a shower, cover your eyebrows with a clean cloth to avoid them getting wet.
    - Do not use Aquaphor, lotions, coconut oil, etc... on your eyebrows.
- Avoid sweating for the 10 full days. Any physical effort, the gym, hot weather or any other activity that may cause sweating through or on the brow area can cause the “hairstrokes” to blur under the skin due to the salt in sweat.
- Do not rub, pick or scratch the treated area - let scabbing or dry skin *naturally exfoliate*. Picking can cause scarring and pigment loss.
- Do not apply any makeup to the eyebrow area for 10 days.
- Avoid sleeping on your stomach for 10 days to avoid rubbing your eyebrows into your pillow.

## **Morning and Night for 10 Days:**

1. Wash your hands with Dial antibacterial soap (gold/orange color).
2. Put a small amount of water on your fingertips.
3. Put a tiny amount of Dial soap onto your finger tips and rub – you should barely see a lather, if not any lather.
4. Gently rub your fingertips on your eyebrow area to wash the lymph off.
5. Rinse with small amount of water.
6. PAT the eyebrow area dry with a clean tissue, (do not rub).

## **For 2 weeks after your appointment:**

No makeup or skincare products should be used on or near the treated area for 2 weeks.

No eyebrow tinting, waxing or threading for at least 2 weeks following your procedure.

## **For 3 weeks after your appointment:**

Do not spend time in a pool, sauna, steam room or steam shower/bath for 3 weeks after your procedure.

## **For 4 weeks after your appointment:**

Do not take part in direct sun exposure and tanning beds for a minimum of 4 weeks after your procedure. Direct sunlight can cause the pigment to change color while it is healing and can also cause hyper pigmentation.

No facials, chemical treatments or microdermabrasion for 4 weeks.

## **In addition, below are continuous after—care tips that can aid in giving you better results:**

- After your 10-day dry-heal process (or once the area has completely healed), use sunblock over your eyebrows when going out in the sun to help prevent the color from fading.
- Avoid Retin-A, chemical peels and microderms around the brow area once healed.
- Avoid any skincare that has the words *acid*, *Retin-A* or *glycol* on the eyebrow area. Be sure to look at your foundations and primers as well, as these ingredients are in many products! They are often found in products indicating they are “long lasting” or “forever.”