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Written By Leah Raja



Pre & Post Care For Eyebrows

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General Guidelines for pre
and post care for eyebrows

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PRE & POST CARE

BY THE COSMETIC TATTOOIST

EYEBROWS

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Tattooist*

Pre Care

**Six
Weeks
Before**

**DO
NOT**

No Chemical Peels.
No Laser Skin Treatments.
No Skin Resurfacing Treatments.
No Antibiotics.

DO

Cleanse and Moisturise morning and evening until appointment, double cleanse when removing make up.
Wear SPF Factor 50+.

**Four
Weeks
Before**

**DO
NOT**

No Deep Ex-foliating Treatments / Facials.
Discontinue use of Vitamin A Derivatives such as Retin-A, Retinol, Retinal etc.
No Brow Tinting, Henna or Lamination Treatments.

DO

Optional:
You can continue with brow grooming such as tweezing, waxing or threading.

**Two
Weeks
Before**

**DO
NOT**

Discontinue use of skincare products containing AHA's and BHA's such as Niacinamide and Glycolic, Lactic and Salicylic Acid.
Discontinue use of skincare containing physical ex-foliations such as walnut, salt etc.
No Sunbeds or excessive exposure to sun.
No false tan.
No Botox, Fillers or Aesthetic Treatments.

DO

Utilise only a gentle cleanser and moisturiser with no AHA or BHA ingredients.
Use a muslin cloth for gentle exfoliation during face washing when needed.
Ensure you gently exfoliate to remove any remaining false tan.

**One
Week
Before**

**DO
NOT**

No Eyebrow Grooming (tweezing, waxing, threading).
Discontinue consumption of blood thinning vitamins/supplements such as Vitamin E, Fish Oil, Turmeric, Bromelain.

DO

Allow Natural Regrowth.
Ensure you are remaining well hydrated. Hydrated skin retains pigment better.
Reschedule appointment if unwell. 48 hour cancellation policy applies.

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Pre Care

**Forty
Eight
Hours
Before**

**DO
NOT**

Discontinue use of blood thinners and anti-inflammatories such as aspirin and ibuprofen.

Please note: DO NOT come off any prescription / medically recommended blood thinners without medical consent.

DO

Complete your treatment forms via the link sent to your e-mail.

**Twenty
Four
Hours
Before**

**DO
NOT**

No Alcohol

DO

Stay well hydrated.

Prepare for appointment by checking appointment time, address, parking etc allowing for a 4 hour time frame.

The Day Of Your Treatment

**DO
NOT**

No Caffeine.

No Exercise.

No Make-Up.

No Sunburn or active / open sores or spots near the treatment area.

No colds / flu / illnesses.

*Please note: If you arrive to your appointment unwell your treatment will be rescheduled and deposit forfeited.

DO

Arrive on time and pay for appointment.

Relax and let us work our magic.

Post Care
To be followed after your treatment 

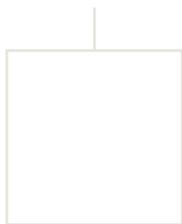
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Day One

Follow the aftercare instructions provided below:



The body produces plasma to naturally cleanse and protect the wound. This can sometimes be seen as clear/yellow transparent fluid or dried on the surface into a fine crust.



Using the wipes provided, gently clean the brows to remove plasma once per hour for the next 5 hours.



Gently clean the brows again before going to bed.

After Care Notes

Redness, swelling and minor discomfort is completely normal following a cosmetic tattoo procedure. This will subside within the following 12-24 hours.

The colour will look more prominent / darker and the shape will appear larger than how the brows will appear once healed.

Use a gentle wipe or blotting/pressing motion following the direction of the natural hair growth

It is imperative to clean the brows to remove excess plasma and prevent heavy scabbing and poor retention

Do not put heavy pressure onto the brows when cleaning, this will be too abrasive and can cause trauma, irritation and swelling

Do not be alarmed if there appears to be pigment on the wipes after cleansing. This is surface pigment stuck in or on the epidermis, it is not removing the implanted pigment below.

You should have used 6 of 10 wipes on day 1.

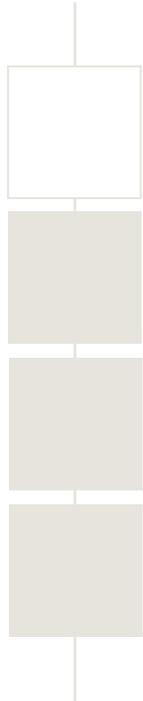
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Day Two-Three

Follow the aftercare instructions provided below:



Gently clean the brows using the wipes provided

Allow the area to air dry

Apply a thin layer of the aftercare balm provided.

Repeat these steps morning and evening for day 2 and 3

After Care Notes

The brows may appear darker from day 2 post treatment as the surface pigment oxidises. This is completely normal. Once the surface layer exfoliates with the minor flaking/scabbing the pigment beneath will be much softer and natural.

Ensure the brows are dry before applying aftercare balm

Use only a very small amount of aftercare balm, no more than a grain of rice.

Thoroughly wash hands, wear gloves or use a cotton bud to apply aftercare balm.

Although they look great, the brows are technically still an open wound so infection prevention is of the highest importance.

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Day Three +

Follow the aftercare instructions provided below:



Continue applying a thin layer of aftercare balm morning and evening.

If the brows are feeling tight throughout the day, additional applications of aftercare balm can help provide relief.

Continue with these steps until the skin has healed and the flakes have come away

After Care Notes

Light scabbing and flaking is normal and to be expected.

It is imperative that you allow the scabs / flakes to shed away from the skin naturally and that you do not cause premature lifting or exfoliation as this can cause poor pigment retention, patchiness and scarring.

The brows usually take 7-10 days to go through the healing process, with an additional 21 days to show the true colour

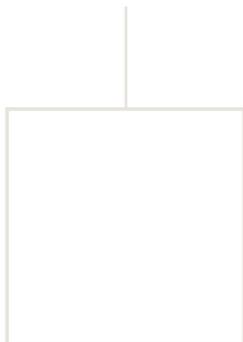
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After Skin Shedding Day Ten

Follow the aftercare instructions provided below:



Use a gentle cleanser to massage the brows and remove any dead skin remaining on the surface.



Continue to use aftercare balm for the duration of any post healing dry skin.

After Care Notes

Only perform this step once the skin has shed, or on day 10 (Whichever comes first)

Ensure the cleanser used does not contain any AHA's, BHA's or Vitamin A derivatives

It is normal for the brows to appear paler or cooler in colour. The skin has been forced to regenerate prematurely and the new collagen cells are milky white, this distorts the appearance of the pigment in the skin and takes 21 to mature and become more translucent

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General Guidelines

Hygiene & Moisture

Do Not get your eyebrows wet during the healing process apart from when cleaning them as directed

Do Clean your eyebrows for the first 3 days as directed using the wipes provided

Additional Notes

The only time the eyebrows should be exposed to moisture during the healing process is when being cleaned with the aftercare wipes provided

When washing your face use a flannel or muslin cloth to carefully clean around the area but not directly over it. Continue this for the duration of the healing process

When showing or bathing ensure the water runs backwards off the head and away from the brows

After Care Balm

Do Not apply any products on or around the eyebrows other than the aftercare balm provided

Do From day 2 apply the aftercare balm to the eyebrows as directed

Additional Notes

Although the eyebrows look beautiful, they are still an open wound and therefore susceptible to infection

Products with active ingredients, parfum, or that are not intended to be applied to broken skin can cause complications such as irritation, reaction or scarring

Make up should not be applied to or around the eyebrows until the skin has completely healed. This includes powder products above the eyes such as eyeshadow or setting powder. The micro particles and bacteria from the brush is an infection risk.

Exercise

Do not perform high intensity or sweat inducing exercises for a minimum of 5 days, ideally 7

Do not exercise with others / in public gyms for a minimum of 7 days, ideally 10

Do not have hot steamy showers / baths or use steam rooms / saunas for a minimum of 10 days

Do You can do low intensity exercises at home if needed such as gentle yoga, low intensity weights, walking etc

Do Ensure baths / showers are not hot enough to cause steaming and sweating of the skin.

Additional Notes

Exercise, hot steamy showers / baths and saunas / steam rooms cause the body to produce sweat which can compromise the healing of your cosmetic tattoo.

Sweating flushes the body through the skin so can encourage exfoliation of pigment and therefore poor retention

Sweat also cleanses the body of toxins and bacteria. This creates an infection risk, especially when in a shared environment. Avoid gyms, spas and areas where others exercise / sweat until the eyebrows are healed.

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General Guidelines

Picking, Itching & Scratching

Do not pick, pull, itch, rub, scratch or touch the eyebrows apart from when cleaning or applying the aftercare balm as instructed

Do Clean and apply aftercare balm to the eyebrows as directed

Additional Notes

Our fingers carry and pick up a lot of bacteria. Touching the eyebrows without thoroughly cleaned hands can introduce bacteria to the wound and cause an infection

Picking, itching, rubbing etc can cause premature lifting of the scabs which in turn can lead to patchy healing, poor retention and scarring

Sun Exposure

Do not expose your eyebrows to sun beds or excessive sun exposure for a minimum of 2 weeks post procedure

Do Once the eyebrows are healed, wear a high factor SPF from there on out to prevent premature fading or colour shift

Additional Notes

The tattooed skin has been forced to regenerate prematurely so will be more sensitive to UV light and therefore can burn more easily. Sun burn of fresh skin can cause discomfort and hyper or hypo pigmentation

It is recommended to wear a high factor SPF daily on the face to protect against every day UV rays. Be especially mindful of this when on holiday or using sun beds etc. Utilise sunglasses and/or SPF chapstick/balms for extra protection.

Skincare

Do not use skincare products around the eyebrows which contain AHA's, BHA's or Vitamin A derivatives for 30 days

Do not If you are due another session, discontinue use until 30 days after your final session

Do Continue to look after and cleans the skin using a gentle skincare routine

Additional Notes

AHA's, BHA's and Vitamin A derivatives cause changes to the skin's texture and regeneration cycle. They can cause premature exfoliation of pigment and irritation to newly healed skin.

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General Guidelines

Brow Grooming

Do not resume brow grooming services such as waxing, threading, tinting, henna etc for 3 weeks post procedure

Do You can perform minor at home brow grooming such as tweezing 10 days post procedure

Additional Notes

Causing abrasion to the newly healed skin can cause redness, irritation and sensitivity.

Healing

Do not have any aesthetic treatments such as botox for 3 weeks post treatment.

Do not If you are due another session, wait until 3 weeks after your final session before undergoing aesthetic procedures

Do Allow your body to heal before introducing further trauma to the area. .

Additional Notes

Although the skin appears healed on the surface, it takes multiple weeks for recently compromised skin to heal beneath surface level.

Introducing additional trauma to the area can cause swelling, discomfort and compromise pigment retention.

Do Not Panic

Do not panic or worry if your eyebrows appear too dark or too big.

Do Trust the healing process and follow the aftercare steps

Additional Notes

It is completely normal for the eyebrows to appear too big or dark post treatment or through the healing stages.

During the healing process the localised swelling subsides and the epidermal pigment sheds causing the eyebrows to appear to shrink in size and soften in colour.

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