



PMU Post-Care Instructions: Brows

Please follow the instructions below to ensure proper healing from the procedure:

The first 24 hours:

- Let brows rest for 1-2 hours.
- Every hour after until bedtime, wash hands thoroughly and wipe/dab brows very gently with a clean cotton swab/pad dipped in distilled water only.
- Use a clean tissue to gently dab dry.
- Apply a rice grain size of aftercare gel over the brows in an even, thin layer.
- Gently dab excess with a clean tissue.

The next 14 days:

- Apply a rice grain size amount of aftercare gel in a thin layer after dabbing area with a clean cotton swab/pad dipped in distilled water & a mild antibiotic soap 2-3 times a day. Wash hands thoroughly before each time.
- Do not get brows wet during the 14 day healing period with the exception of using your distilled water on the first day and distilled water/soap solution 2-3x a day before aftercare gel.
- Do not apply any lotion, makeup, foundation, concealer, etc around the brow area for 14 days.
- Do not sweat for 14 days. This is very important because the salts in our sweat can promote the removal of ink and body heat expands the pores, which can result in fading pigment and blurring.
- Stay out of the sun for 2 weeks. After brows heal, use SPF to prevent premature fading.
- Avoid gardening, going to the gym or any place that may not be very clean to prevent risk of infection.
- When out in public, be mindful to never touch or scratch your healing brows with unwashed fingers.
- Do not use any active skin treatments like Retin-A, retinol, glycolic acid, lactic acid, or exfoliating anti-aging products.
- Do not use any tanning beds for 1 month.
- Try to avoid sleeping on your face for the first 10 days and use a fresh clean pillowcase.
- Slight redness or swelling is normal, painful or extremely red or swollen skin is not! You must call your doctor if you experience anything unusual.

What to expect:

Your brows will appear darker and bolder due to scabbing and healing for the first 10 days.

Once healed, brows may lighten up to 50%! During the healing process, it is common for some of the strokes to seem to absorb into the skin and seem to disappear. Don't panic! This is part of the healing process and many times the skin pushes it back to the surface in a week or two and you will see them again.



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Things to avoid during the entire healing period:

- Heavy Sweating- salt from our sweat removes pigment.
- Picking, peeling or scratching may result in scarring or bald spots.
- Touching your eyebrow area with exception of daily cleaning & applying aftercare gel.
- Swimming, and/or boating
- Sun tanning or tanning beds (absolutely NO sun, sweating, or tanning for 10 days post-procedure).
- Laser treatments or chemical exfoliating anti-aging products containing Retin-A, retinol, or glycolic acid on the face or neck.
- Gardening, heavy household cleaning, garbage & pet waste removal, basement/attic/garage cleaning or any task that causes sweating in dust dirty places—Airborne microbes, molds, and germs can cause infection!
- Spicy foods
- Smoking
- Excessive alcohol may result in longer healing time.
- Driving in open vehicles such as motorcycles, boats, convertibles, bicycles, etc.

Important things to remember/ other aftercare tips

- **Showering**

Before showering, apply a layer of aftercare gel to protect your eyebrows from moisture. Do not let the water pound on face. Shower with your back to the shower head. After shower, dab any wetness off with a clean gauze, then reapply aftercare gel.

- **Applying aftercare gel**

Remember to apply only a thin layer and avoid using too much product. Applying too much aftercare gel will suffocate the brow and will not allow for proper healing.

- **DO NOT PICK AT SCABS!**

Pulling or scratching at scabs can not only lead to scarring, but may also lead to a complete loss of pigment in the skin.

- **Hand washing**

Make sure you wash your hands frequently everyday throughout the entire healing process. Even if you are being conscious of not touching your brows, accidents happen and we want to make sure we eliminate the risk of infection as much as possible!

- **Touch ups**

As this is not an exact science due to the differences in skin types and the way each one heals, some clients are happy with just the initial procedure. Most clients choose to have a "Perfecting Session" in 6-12 weeks after initial session. This is where we can assess how the color healed and add strokes if necessary.