

The day of the treatment: Absorb

Gently blot the area with clean tissue to absorb excess lymph fluid. Do this **every 10-20 minutes** for the full day until oozing has stopped. Removing this fluid prevents hardening of the lymph. Begin the following steps (**wash + moisturize**) the night of your appointment.

Days 1-10: Wash

Wash daily to remove bacteria and dead skin. (Don't worry...THIS DOES NOT REMOVE THE PIGMENT!) Gently wash your eyebrows each morning and night with water and the provided Cetaphil gentle cleanser. With a very light touch, use your fingertips to gently cleanse the eyebrows. Use circular motions on the area for 10 seconds and rinse with water, ensuring that all soap is rinsed away. To dry, **gently pat** with a clean tissue. DO NOT use any cleansers containing acids (glycolic, salicylic, lactic, AHA/BHA) or any exfoliators. Hyaluronic acid (HA) is OK.

Days 1-10: Moisturize

After cleansing, apply a **rice grain amount** of the provided aftercare cream with a clean cotton swab and spread it across the treated area. Be sure not to apply too much, as this will suffocate your skin and delay healing. The ointment should be **barely noticeable** on the skin. Never put the ointment on a wet or damp tattoo. Always use the cleanser and aftercare ointment duo together.

Important Reminders:

- Use a fresh pillowcase (do not sleep on your face for the first 10 days).
- **DO NOT PICK!** Let any flakiness or dry skin naturally fall off. Picking/scratching can cause scarring or loss of color.
- **Avoid sweating**, hot showers, swimming, etc. for 10 days. Do not put your face under the direct stream of water in the shower.
- Do not apply topical makeup to the treated area for at least 10 days.
- No facials, botox, chemical treatments, or microdermabrasion for 4 weeks.
- Avoid direct sun exposure for 4 weeks. Wear a hat as much as possible and **apply sunscreen daily** (rain or shine) after the initial 10 day healing period.

Please Note:

Everyone's skin heals differently and results cannot be guaranteed. It is normal for the pigment to look gray or seemingly disappear after the first 10 days. After natural exfoliation (flaking and peeling), the skin underneath is new skin. Think of it as looking at something through a couple sheets of wax paper. Over the next couple weeks, the color will clarify and the strokes will become more defined. Any adjustments to shape and/or color can be made at the 8 week follow-up appointment.

PROTECT YOUR INVESTMENT... Remember, with the proper prep and aftercare routine you will have much better results with your permanent cosmetic procedure. Once you leave my chair, it is your responsibility to care for the treated area. Don't forget your new favorite acronym: AWM - **Absorb, Wash, Moisturize!**