



SHADES VALLEY

DERMATOLOGY

Microblading: Pre-care Instructions

- Absolutely no alcohol or caffeine 24 hours prior.
- No blood thinners such as Ibuprofen, Aspirin, Aleve, Niacin, Vitamin E, fish oil or vitamins unless medically necessary 72 hours prior.
- No intentional tanning 2 weeks prior. If you arrive with a sunburn, you will be asked to reschedule and forfeit your deposit. If you are vacationing, plan accordingly.
- Botox and fillers must be done 3 weeks pre or post procedure. Botox will change the lift of your brow and filler can change the skin around your brow.
- Any facials, chemical peels or microdermabrasion must be done 4 weeks prior.
- No waxing or tinting at least 1 week prior to treatment.
- Avoid booking on your menstrual cycle as it can increase your pain.
- The skin must be free of all irritations including ingrown hairs, blemishes, eczema and psoriasis.
- Absolutely no anti-acne or anti-aging products on the skin at least 30 days prior to application.
- No Accutane within 1 year of treatment.