



MICROBLADING PRE AND POST CARE INSTRUCTIONS:

PRE-APPOINTMENT:

Please refrain from all activities that may cause irritation of the skin or thinning of the blood prior to your appointment:

Refrain from alcohol consumption 24 hours before receiving Microblading

Refrain from suntanning, microdermabrasion, dermaplaning, laser treatment, and chemical peels 7-10 days before receiving Microblading.

Refrain from all medications that cause thinning of the blood including but not limited to: Aspirin, Advil, Aleve, Niacin, Fish Oil, Vitamin E, and Ibuprofen. Please consult your physician before stopping any medication.

Refrain from consuming coffee and energy drinks the day of your appointment.

If you are to receive any waxing or hair removal in the treated area, please allow a minimum of 2-3 days between your appointments for the skin to heal.

You must be off any and all Retin-A or Retinol products for a minimum of 7 days prior to your appointment and 7 days post appointment. These products can cause premature and extreme color loss. If you decide to continue your Retin-A or Retinol use do not apply on the treated area and please keep in mind that Kim Bouman Beauty is not responsible for the loss of color in your cosmetic tattoo.

If you receive Botox, please ensure you leave 2-3 weeks in between sessions to ensure it doesn't affect the overall symmetry of your new cosmetic tattoo.

We refrain from working on individuals on Accutane and require our clients to be off the medication for a minimum of 1 year before receiving Microblading.

After a patient has successfully completed chemo and their blood cell counts are back to normal (typically about 6 months after) they can be cleared by their oncologist to have microblading treatments done.

APPOINTMENT DAY:

If possible, please attend your Microblading appointment with a cleansed face. A workable surface is key to a successful session.

Please ensure you come to the appointment well hydrated, well fed and wearing something comfy. The process takes a couple hours and we want to ensure you're in a state of comfort.

Sensitivity is heightened during menstrual cycles.

Note: Although we've seen excellent results achieved in a single session, Microblading is a two appointment process. Touch ups give us an opportunity to see how your skin heals, review pigment retention, and make any necessary adjustments.