

## Eye Liner - Aftercare Instructions

Gently wash eyeliner morning and night with water and a gentle cleanser such as Cetaphil or Neutrogena. With a very light touch, use your fingertips to gently cleanse. Rub eyelid area in a smooth motion and rinse with water ensuring that all soap is rinsed away. To dry, gently pat with a clean towel. **DO NOT** use any cleansing products containing acids (glycolic, lactic, or AHA) or any exfoliants.

Apply a rice grain amount of Aquaphor evenly across each eyelid. Be sure not to over-apply as this will suffocate your skin and delay healing. The Aquaphor should be barely noticeable on the skin. Do not put the Aquaphor on a wet or damp eyelid. Your goal moving forward is to keep the treated area clean.

### **Here are some extra tips to help with a smooth and easy recovery**

Use a fresh pillowcase

Let any scabbing or dry skin naturally exfoliate away. Picking can cause scarring or loss of color.

Avoid eye makeup, including sunscreen for at least 1 week after our appointment.

Avoid hot, sweaty exercise for one week.

Avoid direct sun exposure or tanning for 4 weeks after procedure. Wear a hat when outdoors.

Avoid heavy sweating and long hot showers for the first few days.

Avoid swimming, lakes, hot tubs for the first 10 days.

**DO NOT RUB, PICK or SCRATCH your eyeliner. Your hands have bacteria on them!**

**Remember, with the proper aftercare routine you will have much better results.**

#### **Important note about showering:**

Limit your showers to 5 minutes so you do not create too much steam. Keep your eyes out of the water while you wash your body, then, at the end of your shower, wash your hair. Your face should only be getting wet at the very last end of the shower. Avoid excessive rinsing and hot water on the treated area.

## **Eyebrow Aftercare Instructions**

### **Day 1**

Boil water then let it come back to room temperature (This is now sterile water) using a gauze pad, give your new eyebrows a good wipe with just the water. That's it!

### **Days 2-10**

Gently wash eyebrows morning and night with water and a gentle cleanser such as Cetaphil or Neutrogena. With a very light touch, use your fingertips to gently cleanse the eyebrows. Rub eyebrows in a smooth motion 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 cleansing products containing acids (glycolic, lactic, or AHA) or any exfoliants.

### **Days 3-10**

Apply a rice grain amount of aftercare ointment evenly across each eyebrow. Be sure not to over-apply as this will suffocate your skin and delay healing. The ointment should be barely noticeable on the skin. Do not put the ointment on a wet or damp eyebrow.

## **Here are some extra tips to help with a smooth and easy recovery**

Use a fresh pillowcase

Let any scabbing or dry skin naturally exfoliate away. Picking can cause scarring or loss of color. No facials, botox, chemical treatments or microdermabrasion for 2 weeks.

Avoid hot, sweaty exercise for one week.

Avoid direct sun exposure or tanning for 4 weeks after procedure. Wear a hat when outdoors.

Avoid heavy sweating and long hot showers for the first 10 days.

Avoid swimming, lakes, hot tubs for the first 10 days.

Avoid topical makeup including sunscreen on the area.

**DO NOT RUB, PICK or SCRATCH your new eyebrows.**

**Remember, with the proper aftercare routine you will have much better results.**

### **Important note about showering:**

Limit your showers to 5 minutes so you do not create too much steam. Keep your eyebrows out of the water while you wash your body, then, at the end of your shower, wash your hair.