



PMU, SMP, & Microblading Aftercare

How you treat your recent PMU, SMP, & Microblading over the next 14 days will ultimately determine its final appearance and longevity. Please follow these instructions carefully for best results.

- Immediately and two to three times a day following your procedure, please apply your aftercare balm. (Beeswax/shear butter/coconut oil/vitamin e/cicaplast/afterinked, etc.) Never let your procedure area feel tight or completely dry. Hydration is key! **DO NOT USE POLYSPORIN!**
- Swelling is normal and can be managed with soft gel ice packs. Place chilled (not frozen) gel packs in plastic bags before applying. This is to protect your procedure area from coming into contact with moisture.
- Flaking and crusting may also occur as the skin heals. Picking or peeling at the procedure area will cause loss of pigment and scarring. Refrain from touching the area, except when applying aftercare balm. Please wash your hands prior to application or use a disposable q-tip.
- Do not wear make-up on the area for as long as you can, or at least until its healed (up to 3 weeks). The longer you refrain from putting anything on the area aside from aftercare, the less chance of infection, scarring, pigment loss etc.
- Please avoid washing the area for 48 hours. (5 days for SMP). When showering or bathing thereafter, do not let the area soak for too long and don't have the area directly under a showered or water stream until healed. Apply a thick layer of aftercare balm to the area to protect it.
- AVOID pools, jacuzzis, tanning, excess sweating, facials, botox, and saunas for at least 14 days after the procedure or until the area is fully healed. Skin creams and products other than a moisturizer or sunscreen must be avoided for at least 14 days on the procedure area as they will likely cause fading and possibly irritation.
- Sunblock should always be applied (SPF50+), and other sun protection such as a hat and/or sunglasses should be worn for the first few days if sun exposure is longer than 30 minutes. **PRO TIP:** sun will drastically fade your procedure area forever going forward. Never stop wearing sun protection after treatment.
- Most procedures require a 4-6 week touch-up. Any sooner and the treatment area isn't completely healed and can cause scarring, any longer and its like starting over from square one, meaning you may need additional touch ups. Some procedures include one free 4-8 week touch-up and some do not, please ask for clarification if you are unsure.
- Results are never guaranteed. True results can only be assessed 4-6 weeks after your appointment. Until they are fully healed, no corrections or touch ups can be done. In some cases, healing process entails patchiness, extreme fading and/or loss of pigment completely. In most cases, pigment resurfaces after 4-6 weeks. Be patient.

Further infection prevention; Eyeliner

- Clean bedding everyday (pillowcase especially, silk is best)
- Do not wear contacts for up to three weeks or until completely healed.
- Avoid all makeup, makeup from other areas of the face can melt or smear.
- Clean with distilled water. Bottled water is still better than running tap water.
- Clean and dry with gauze or paper towel. Do not use laundered or dirty face cloths or towels.
- If you wear glasses, clean and sanitize them multiple times a day.
- Do not let hair or bangs fall onto your face. Keep all hair tied back and out of your face for up to two weeks.
- Avoid touching the area as much as possible. Before any contact with the treated area, wash your hands for a minimum of 60 seconds with soap and water up to your elbows, then dry thoroughly with paper towel, never a clean or used hand towel.
- Applying ointment is best with a clean finger after using the steps above, Q-tips or other applicators may carry micro sized dust or bacteria particles.
- Shield your eyes using safety glasses, regular glasses, or sunglasses on windy days.
- If you have pets, keep them away from your face for up to 3 weeks. Further, air purifiers are helpful for removing dirt, dander, and debris in the air in your home.