

Preparing for your Eyebrow Tattoo appointment:

(please mark your calendar to reference these guideline dates):

* You must be 18 years of age or older.

* You cannot be Pregnant or Breast Feeding.

* Before booking an appointment for eyebrow tattoo, please text or email me 3 photos of your eyebrows without any makeup on:

- 1) straight/front view, with your eyes open, in good lighting that shows your accurate eyebrow color.
- 2) 1 picture of each quarter side view of your eyebrow and then your right eyebrow.
Text pics to: 561-938-4685 or email to: mybellav@gmail.com

4 WEEKS PRIOR:

- Refrain from using retinol products, acne treatments, or salicylic acid on or anywhere near the eyebrow areas.

2 WEEKS PRIOR:

- If you receive Botox, it must be performed 2 weeks prior to or 2 weeks after your appointment.
- Discontinue Glycolic Acids, Chemical Peels, Retin-A and any eyebrow growth serums 2 weeks prior to your appointment.
- Refrain from using any Alpha Hydroxy Acid (AHA) products 2 weeks prior to and 2 weeks after your appointment, especially anywhere near your eyebrows.
- Check your moisturizer, facewash, BB/CC creams and makeup/primers for acid containing ingredients and do not use them on your face, especially anywhere near the eyebrow areas.

1 WEEK PRIOR:

- Do not wax, tweeze, thread or use a depilatory product on or near your brow area.
- Do not expose your eyebrows to sun, tanning beds 1 week prior to your appointment.
- Refrain from color dyeing your eyebrows (*minimum 2 days prior*).

24 HOURS PRIOR:

- Do not drink any caffeine or alcoholic beverages or 24 hours prior to your appointment.
- Do not take blood thinning medications (*get consent from your physician first*) and supplements such as Vitamin E, Fish Oil, Aspirin, Niacin, or Ibuprofen 24 hours prior to appointment.
- Avoid high vitamin supplements (i.e., power shakes/greens & "Hair, Skin, Nail" vitamins) 24 hours prior to appointment.
- Do not drink exercise/lift weights or sweat 24 hours prior to your appointment.

- Do not use saunas or heat 24 hours prior to your appointment.

DAY OF YOUR APPOINTMENT:

- **Bring a government issued photo ID to your appointment.**
- Arrive to your appointment with no makeup on.
- Wear loose fitting, comfortable clothes and shoes. Leave jewelry at home or secured in your purse/bag.
- Feel free to bring AirPods to listen to music or something on your phone during your service.
- Hydration is important so make sure to bring your own water bottle, and a snack if you prefer.

Contraindications:

Eyebrow Tattoo is not recommended if you have/are:

- Allergies to topical anesthetics and/or latex.
- Pregnant or nursing.
- History of keloids or hypertrophic scarring.
- Viral infections and/or diseases.
- Cancer or undergoing chemotherapy.
- Skin irritations or psoriasis near the brow areas.
- Accutane use within the past 2 years.

You will need your Doctors Approval for:

- Uncontrolled high blood pressure.
- Organ transplant.
- Pacemaker or major heart problems.
- Diabetes.
- Epilepsy.
- Any treatment, medication, or have an illness that compromises the immune system.

Possible side effects of Eyebrow Tattooing:

- Mild tenderness, swelling, or sunburn-like symptoms that could either subside quickly or linger for a few hours after treatment or at most after a few days.
- Increased sensitivity of the skin to sunlight.
- Irritating rash from the pigment. You could be experiencing an allergic reaction. If any red pigment is added to the color formula, that could be the reason.
- Results may not be to your desired expectations or could possibly not be achievable even after Touch-Ups and further work.

Eyebrow Tattoo Aftercare:

Follow these aftercare instructions fully for the **BEST** retention of the pigment and prevention of infection!

- **WHEN LEAVING THE BUILDING AFTER GETTING YOUR TATTOO >> YOU MUST USE AN UMBRELLA OR PUT ON A WIDE BRIMMED HAT WHEN HEADING TO YOUR CAR!**
- **DO NOT PUT ON READING GLASSES, SUN GLASSES OR TOUCH YOUR EYEBROWS IN ANY WAY FOR THE FIRST FEW DAYS.**
- **DO NOT ALLOW PETS OR CHILDREN NEAR YOUR EYEBROWS FOR THE FIRST FEW DAYS.**
- For 1 hour post appointment, only blot brows with a clean regular tissue to remove lymph.
- Within a few hours post appointment, wash your hands and then wash your brows using an anti-bacterial soap, get a TINY bit of soap and some lukewarm water on the tips of your fingers and gently swipe LIGHTLY in the direction of the hair to help remove excess oil, oozing, etc.
- RINSE THOROUGHLY by cupping your hands with water and rinse brows, making sure all soap is removed.
- Pat dry with a clean tissue or paper towel. **DO NOT RUB OVER BROWS.**

“DRY HEALING VS. WET HEALING”. I prefer both methods depending on the type of skin and when they are needed. It's best to let your body try to naturally heal without needing the healing balm applied, only AS NEEDED, for example if your eyebrow skin starts feeling too “tight” or too “dry”. But, try to mostly keep your brows cleaned and dry 2x's a day. **WET METHOD (ONLY WHEN NEEDED):** ONLY when you feel your skin becomes too tight or too dry should you then use the balm by dipping once with a clean/sterile applicator into the healing balm you were given to take home and apply a VERY TINY/THIN layer to your brows. Less is better! **FOR OILY SKIN:** The DRY Method is best. ONLY apply the healing balm as instructed above if absolutely necessary!

- Repeat washing your brows, drying them and applying the healing balm (ONLY IF NEEDED) as directed above, both morning and night for 10 days.
- During the healing time, do not let your eyebrows touch your pillows when sleeping. Sleeping with a U-shaped neck cradle helps stabilize your head from turning towards your pillows.
- Use a bath tub during the healing phase, if possible, and do not let your eyebrows get steam or moisture on them.
- Do not apply any type of makeup to your eyebrows for at least 7-10 days post appointment.
- **DO NOT PICK OR SCRATCH, LET SCABS FALL OFF NATUARLLY! Even when they feel super itchy!**
- You may resume using Alpha Hydroxy Acid (AHA) products 2 weeks post appointment.
- Do not use cleaners, creams, makeup or other products on the treatment area for 14 days post procedure.
- Do not sweat, use a sauna, heat/steam, go in a pool and get any sun exposure for 10 days post procedure.
- Do not get Botox, chemical peels, microdermabrasion or any other skin treatments for at least 14 days post procedure.

REMINDER during healing process:

During the healing process, your immune system will push the pigment out through your lymphatic system, and what remains will be held in the dermis. During this time, your pigment will disappear. Don't worry! No need to call me frantic saying that your tattoo didn't hold . . . the skin is in a healing cycle. Also during this time your eyebrow area will be itchy and have flaky skin. As the healing period concludes over the course of couple weeks, the tattoo will begin to reappear and become more visible. After 14-21 days you will begin to see the final healed result of the cosmetic tattoo, and after 6 weeks you will be ready for your Touch-Up service. **Please remember that brow tattooing is a 2-step process** and are not complete until the second session (Touch-Up) has been completed and all minor adjustments have been made. Adjustments may take longer depending on several factors.

Please contact me if you have any questions or concerns.



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Call/text: 561.938.4685 MyBellaV@gmail.com