



### *Pre Brow Instructions*

**Attention:** This is a 3 hour appointment. Please allow yourself enough time.

If you regularly get your eyebrows shaped, waxed, threaded, or tinted, please refrain from doing so within 1 week of your appointment.

If you plan to go on vacation, it is recommended that you schedule your brow appointment a minimum of 2 weeks before the trip, as your brows cannot get wet or be in direct sunlight for 2 weeks after.

We require our clients to avoid any blood thinning medication for a minimum of 48 hours prior to their appointment. This includes Aspirin, Ibuprofen, and fish oil.

No drinking any alcohol or caffeine 48 hours prior to your appointment.

Refrain from use of Alpha Hydroxy Acid (AHA) products close to the eyebrow area 2 weeks prior to your appointment and avoid on eyebrow area after procedure.

Avoid sun and tanning 1 week prior to your appointment and refrain another 2 weeks after. Botox and filler on the forehead, temple, and eye area should be avoided 2 weeks prior. Avoid chemical peels, micro-dermabrasion, or any facial services for 2 weeks prior to appointment.

Please Note: You will be more sensitive during your menstrual cycle. Stay hydrated and drink plenty of water.

If you are a frequent smoker, the topical anesthetics used during the treatment may not last as long and may also lead to poor pigment retention.

If you have been diagnosed with fibromyalgia, be aware that this may affect your sensitivity and or tolerance to the procedure.

Do not work out 24 hours prior to your appointment. Do not resume any method of hair removal for at least 2 weeks after.

Do not take Aspirin, Niacin, Vitamin E, Advil, or Ibuprofen 48 hours prior to your appointment.