



## MICROBLADING RECOMMENDATIONS

### *How to prepare for your appointment*

#### 2 WEEKS BEFORE

no botox or fillers  
no retinol, chemical peels, microdermabrasion, or facials

#### 1 WEEK BEFORE

no tanning or sunburn  
no waxing, treading, or brow tinting.

#### 48 HOURS BEFORE

no blood thinners (ibuprofen, advil, aspirin, etc.)

#### 24 HOURS BEFORE

no caffeine or alcohol

### *Aftercare for the first 10 days*

For oily or combination skin we recommend applying witch hazel and aquaphor the next morning only.

If your brows feel dry you may apply some aquaphor if needed.

Gently wash the area 2x a day with anti-bacterial soap  
Only pat dry and do not apply skincare or makeup.  
No exposure from the sun or sweating.

Everyone's healing is different so please follow the aftercare.  
Results can vary due to skin type and lifestyle.

Touch ups are recommended at 4 to 6 weeks to allow your brows to heal.

Continue to avoid sun exposure to the treatment areas and apply a broad-spectrum sunblock with SPF minimum of 30. Apply it at least 30 minutes prior to sun exposure and repeat after every two hours of sun exposure.

Avoid waxing, facials, botox, injectable fillers or any other skin care treatment two weeks after treatment.

If skin becomes painful, swollen, red or inflamed, please notify us immediately.

If you have any questions, please contact us  
Alora Health Spa  
Email us: [info@alorahealthspa.com](mailto:info@alorahealthspa.com)  
Visit us: [www.alorahealthspa.com](http://www.alorahealthspa.com)  
Call us: 407-613-5507