

# **After Care for Permanent Makeup/Microblading**

**OUTER HEALING-** 3-6 days for eyes; 7-10 days for lips

**INNER HEALING-** Around 1-2 months

## **THE FOLLOWING MUST BE AVOIDED DURING THE 14 DAY POST MICROBLADING PROCEDURE:**

Increased Sweating, Practicing sports, Swimming, Hot Sauna/Bath OR Jacuzzi, Sun/Salon Tanning, UV/UVA Rays or chemicals known to cause shift in color/premature fading, Any laser or chemical treatments, All creams containing Retin-A or Glycolic acid on the face/neck area, No picking, peeling or scratching the microbladed area in order to avoid scarring and pigment loss, No performing task related to heavy household cleaning where there are a lot of airborne debris, drinking alcohol in excess may lead to slow healing of the wounds, driving in open air vehicles (Ex: Convertibles, boats, bicycles, or motorcycles), No touching of the eyebrow area EXCEPT when rinsing and applying the post-care creams with a cotton swab.

## **THE FOLLOWING MUST BE AVOIDED AFTER PERMANENT EYELINER PROCEDURE:**

- Do not wear contact lenses during the procedure or for 24 hours after.
- Have sunglasses available. Eyes may be light sensitive or even dilated immediately after
- Do not dye, perm, or use eyelash curler for 2 weeks.
- Do not use mascara until outer healing is complete (3-5 days).
- Begin with a new tube of mascara due to risk of bacterial presence in used tubes. Stay a little farther out on the lashes, not too close to the liner. Remove with vaseline or baby oil without rubbing it into the liner.
- Eyes will be swollen for a few days. Eyes may feel dry or irritated. Lubricating refresher drops may be used.

**THE FOLLOWING MUST BE AVOIDED AFTER**  
**PERMAMENT LIP LINEAR PROCEDURE:**

- Oral prosthesis dentures/ partials/ braces and tongue piercing bars may increase risk of getting bacterial and/or fungal infection from the mouth to the lips. Frequent or recent sinus infection puts lips at risk of infection.
- Lips will ooze a couple of days. Blot and reapply ointment. After sleeping, crust will have dried on the lips. Rinse with water or put more ointment on to loosen crust, blot and reapply ointment. (A soaking wet cloth feels good to blot with)
- Lips will be tender at first. Drink through a straw. Choose foods you can place in your mouth with a fork without touching lips.  
Place an old towel on the pillow you will sleep on until the oozing stops
- Do not excessively stretch lips while they are healing with big smiles, or pucker lips with smoking.
- Lips stop oozing and start peeling after 3 days. This is when the chapped lip feeling is strongest.
- Allow it to flake off on its own, picking/pulling off skin that is not ready to come off will cause pigment loss and can pull out deeper tissue
- Try to keep toothpaste off lips while healing.
- Do not have teeth bleached while healing.
- Do not use anything made for cold sores or blisters (carmex, blistex) because although they initially feel moisturizing, they turn around and dry the lips out.