

THE BROW CLINIC

Aftercare

Each client's skin responds differently. This information acts as a guideline only. Please read and follow instructions carefully. If you have any questions please call 0430 885 333

- J After the procedure, gently blot the area with a clean tissue to absorb excess lymph fluid.
- J Do this every 5 minutes until the oozing has stopped.
- J Removing this fluid prevents hardening of the lymphatic fluids.
- J If there is swelling you can use a cold compress to reduce it, along with lymphatic drainage massage around the area.

Wash (Days 1-7)

- J Wash daily to remove bacteria, build up of product and oils, and dead skin. (Don't worry, THIS DOES NOT REMOVE THE PIGMENT!)
- J Gently wash the area each morning and night with water and gentle soap or an unscented cleanser like Cetaphil, or baby shampoo. With a very light touch, use your fingertips to gently cleanse the area.
- J Rub the area in a smooth motion for 10 seconds and rinse with water ensuring that all soap is rinsed away.
- J To dry, gently pat with a clean tissue. DO NOT use any cleansing products containing acids (glycolic, lactic, or AHA), or exfoliants.

Moisturise and Hydrate (Days 1-7)

- J Apply a tiny, rice grain amount of Aftercare 3 times a day with a cotton swab and spread it across the treated area.
- J Be sure not to over-apply, as this will suffocate your skin and delay healing. The product should be barely noticeable on the skin.
- J NEVER put the product on a wet or damp tattoo.

Important Reminders

- J Use a fresh pillowcase while you sleep.
- J Let any scabbing or dry skin naturally exfoliate away. Picking can cause scarring or loss of colour.
- J No facials, botox, chemical treatments or microdermabrasion for 4 weeks.
- J Avoid hot, sweaty exercise for 10 days
- J Avoid direct sun exposure or tanning for 4 weeks after the procedure. Wear a hat when outdoors.
- J Avoid long, hot showers for the first 10 days.
- J Avoid sleeping on your face for the first 10 days.
- J Avoid face-down swimming, lakes, and hot tubs, spas and saunas for the first 10 days.
- J Avoid topical makeup and sunscreen on the area.
- J DO NOT rub, pick, or scratch the treated area.

Important Instructions for Showering

- J Limit your showers to 5 minutes so that you do not create too much steam. Keep your face/procedure area out of the water while you wash your body, then, at the end of your shower, wash your hair.
- J Your face should only be getting wet only at the end of the shower.
- J Avoid excessive rinsing and hot water on the treated area.

WHAT TO EXPECT:

- J Immediately following your procedure, the tattooed area will appear to be darker and bolder in colour and more sharply defined. This can last up to a week after the treatment while the initial healing process takes place. The treated area may feel a bit like sunburn afterwards but there should be minimal discomfort.
- J During the initial healing period, there should be minimal scabbing or flaking of the skin. If there is some scabbing or flaking, do not pick, and allow the scab or dry skin to come off on its own.
- J The complete healing process takes about 4- 6 weeks, at which time the true colour of the tattoo is evident. During this process, your tattoo will soften and lighten. Be patient, even if you think too much colour has been lost, as your skin is still regenerating and naturally exfoliating. The true colour will not appear until the 4 week mark.

WHAT NOT TO DO

- J You may shower or bathe normally, but avoid getting any soaps, shampoos or other cleansers on the treated area for the first 10 days as they can be detrimental to the bonding process that must take place for the pigment to stabilise in the dermis.
- J DO NOT pick or scratch at the dry skin/flakiness; let the skin fall off naturally. Picking can cause scarring and premature loss of pigment. **IMPORTANT:** Once the flakes have fallen off, a shiny layer of healing skin will completely cover the tattoo. It may appear as though the tattooed area has completely disappeared. Within 1-2 weeks, the tattoo will slowly reappear at a lighter shade as your skin regenerates.
- J DO NOT apply make-up to the tattooed area for 10 days. Cosmetics of any kind may interfere with the healing and colour of your tattoo.
- J DO NOT use Vaseline, Neosporin or other petroleum based products while healing.
- J DO NOT bleach, tint or dye the tattooed area for one month following the procedure.
- J DO NOT apply any anti-acne products (e.g. Benzoyl Peroxide, Salicylic Acid, Proactiv, etc.) or lightening creams (skin bleaching creams) such as hydroquinone to the treated area while healing.
- J No anti-aging products or facial products containing Alpha Hydroxyls (AHAs), Retin-A, Lactic or Glycolic Acids
- J Do not thread, wax, or use hair removal products on the treated area while healing.
- J NO exercising and/or sweating for a few days after tattooing.
- J NO swimming pools, spas or other bodies of water for two weeks.
- J Do not soak your face underwater in a bathtub or allow the shower to spray directly in your face for two weeks.

Once Healed:

- J Exposure to the sun over time can cause fading and discoloration of the pigment. Once completely healed, you may apply sunscreen on the treated area. Wear large sunglasses and a hat for further protection. Rinse and dry the area thoroughly when in contact with chlorine.
- J Glycolic acid, micro-dermabrasion, and chemical face peel products must be kept away from the tattooed area as continued use could lighten the pigment.
- J If you are having laser resurfacing or laser hair removal after your tattoo has healed, please inform the laser technician. Continue at your own discretion. Laser procedures may darken, lighten, or discolour the tattooed area.
- J Once the treated area is completely healed, any changes or additions that need to be made can be done at your follow-up appointment no sooner than 4 - 6 weeks later.

There are no implied or written guarantees if you do not take care of your tattoo.