

**Kristina Hailey**  
**Permanent Makeup Artist**

**WHAT TO DO BEFORE MICROBLADING**

- Do wash your hair the night before or the morning of Brow Beautification
- Do have breakfast as procedure may take several hours
- Do drink water to stay hydrated few days before the procedure
- Do silence your phone so as not to move your head during this delicate process
- Do wait until you are done with your menstrual cycle before electing to Microblade your brows (if it applies to you)
- Do allow your eyebrows hairs (if any) to grow. This will help the technician to map out your original brow outline and hair pattern.

**WHAT “NOT” TO DO BEFORE MICROBLADING**

- Botox should be given 3 weeks prior or 3 weeks after this procedure
- No chemical peels 60 days before or 60 days after (brows will peel quicker due to chemicals traveling under the skin).
- No Retinols/Retin-A's, or other anti-aging creams or serums containing acids as these will fade your brows prematurely.
- Do Not work out the day of the procedure.
- Do not tan or have a sunburned face.
- Do Not take Aspirin, Niacin, Vitamin E or Ibuprofen 24 hours before procedure.
- No waxing or tinting 3 days before.

**Permanent makeup is NOT recommended if you are:**

- Pregnant or Breast feeding
- Diabetic
- Undergoing Chemotherapy (consult your doctor)
- Viral infections and/or diseases and or taking ANTIBIOTIC (fights foreign objects/pigment. Must wait until off medication)
- Epilepsy
- A Pacemaker or major heart problems
- Had an Organ transplant
- Skin irritations or Psoriasis near the treated area (rashes, sunburn, acne, etc.)
- Sick (cold, flu, etc.)
- Had Botox in the past 2 months
- Used Accutane in the past year

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