



O'SOME BROWS

BEAUTY • COSMETIC TATTOOING & ACADEMY



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# HOW TO PREPARE FOR YOUR PMU APPOINTMENT



Eat well before your  
appointment



Avoid Caffeine  
24hrs prior



Avoid Alcohol 24hrs  
prior



Get rest



Wear comfortable  
clothest



Avoid sun  
exposure



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## WHAT YOU NEED TO BRING ON TREATMENT DAY

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- **Numit numbing cream -from chemist warehouse/ my chemist-\$11.95**
- **If you wear glasses everyday please bring it.**
- **if you use any brow pencil or any brow makeup /powder /shadow to fill in.**
- **Earphones/EarPods to listen Your favourite music to relax during the treatment.**

**Kindly make sure You read all the information prior to your appointment, also the same pre & post care will be followed up for the touch up session between 4 -6 weeks of the first treatment.**

**All the After care products are included with the treatment:)  
client receives aftercare bag with aftercare products .**





## Pre-Treatment Care Instructions

### BEFORE YOUR APPOINTMENT...

Prior to your semi-permanent cosmetic enhancement think about the look that you would like to achieve. Cosmetic enhancements normally require multiple applications sessions. To achieve the best results you will be required to return for at least one additional enhancement 4 to 6 weeks after the initial application. It is the client's responsibility to make this appointment. If client comes for touch up after 6 weeks additional fees may apply.

- **Do not take Aspirin or Ibuprofen or Fish Oil Supplements 1 week prior to or after your procedure. Tylenol is safe to take if needed**
- **Do not discontinue any medication before consulting your doctor.**
- **Keep alcohol intake to a minimum 2 days prior to and after your procedure. If you can avoid all together that is ideal.**
- **Do not use Retin A or anti-aging skincare products close to the enhancement site 1 week prior to or after your procedure.**
- **Do not use AHA skincare products close to the enhancement area 2 weeks prior to or after your procedure.**
- **Avoid COFEE a day prior to the appointment**

Be prepared for the color intensity to be significantly sharper and darker immediately after the procedure. This will subside and become softer as the skin heals. This process can take up to 14 days.



## EYEBROW ENHANCEMENT

- **Waxing treatments should be performed no less than 3 days prior to your procedure.**
- **IPL Laser hair removal should be performed no less than 2 weeks prior to your enhancement.**
- **Electrolysis treatments should be performed no less than 5 days prior to your enhancement.**
- **Eyebrow tinting should not be performed for 2 weeks after your enhancement.**
- **We recommend no waxing for those who have this service. Waxing removes top layers of skin which can effect results. We recommend plucking or threading which we offer at our salon.**

Allow freshly feathered eyebrows Seven to Ten days to heal. It is normal for the eyebrows to look patchy during the healing process. Don't be worried if the strokes have disappeared, it takes the pigment roughly 4 weeks to resurface. During the healing process the eyebrows will appear bold, the colour will drop by 40 percent and thickness by 15 percent when healed.

Post treatment care contributes to 70 per cent of the treatment's success. Following careful instructions will give you the best possible results for your skin type and promote good healing.



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## Post Treatment Care Instructions

### Day Of Treatment

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#### 30 Minutes After Treatment

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- Gently dab freshly tattooed with a damp cotton pad to remove all the lymph and previously applied vaseline.
- Apply a very thin layer of vaseline with a clean q-tip, avoid using your fingers.

#### For The Rest Of The Day Of Treatment

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- Repeat the above process 3-5 times for every 2-3 hours a day to keep the wound clean and avoid scab formation.
- Everytime you clean your eyebrows with moist cotton pad apply Vaseline to keep your eyebrows moist.

#### FOLLOWING SEVEN DAYS

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- Avoid wetting your eyebrows in the shower and when washing your face
- use the plastic shield given in your after care kit when you have a head shower
- Apply a very thin layer of vaseline with a clean q-tip, avoid using your fingers.
- Use vaseline for 7 days once or twice a day as recommended by your artist.



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# THINGS TO AVOID DURING HEALING

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## FIRST SEVEN DAYS

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- Do not pick, scratch or peel the healing area
- Do not apply any make-up or products on eyebrows
- Avoid sleeping on the face
- Avoid direct sun exposure
- Avoid working out to prevent sweating
- Avoid water on eyebrows during shower for at least 7 days
- Avoid facial massage, facial steaming, and sauna

## IN THE NEXT 30 DAYS

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- Avoid sunbathing, solarium, light therapies, chemical peelings, fruit acids, microdermabrasion, and creams that contain regeneration factors.
- Always avoid laser treatments over the treated area because they can destroy the pigment and cause burns.
- Use of antibiotics and hormonal therapy can lead to faster pigment fading.

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DAY 1

OMG! I'm in love with my new brows. Thank you!



DAY 2-4

I don't like this color, it's too dark.



DAY 5-7

On no! My brows are scrabbling and falling off!



DAY 8-10

Ummm... My brows are gone!



DAY 14-28

Sweet! My brows are coming back! Still looking a little patchy and uneven.



DAY 42

\*after touch-up  
Awww, they are beautiful! I love them!

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HEALING PROCESS MAY BE DIFFERENT TO DIFFERENT PEOPLE,  
ABOVE ILLUSTRATION IS GENERIC.