

# Pre-care

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| <b>Pre-Care for Ombre Brows</b>      | Proper pre-care is essential for the best outcome and minimal complications. Here's what to keep in mind before your ombre brow appointment:  |
| <b>Avoid Blood Thinners:</b>         | <b>1 week before your appointment:</b> Avoid blood-thinning medications like aspirin, ibuprofen, and alcohol. These can increase bleeding during the procedure and affect pigment retention.<br><br><b>Alcohol:</b> Do not drink alcohol for 24–48 hours prior to your appointment, as it can cause excessive bleeding.           |
| <b>No Waxing or Threading:</b>       | <b>3-5 days before:</b> Avoid any waxing, tweezing, or threading of the brows. If you need to shape them, do so at least 3–5 days prior to the appointment to prevent irritation.   |
| <b>Avoid Retinol and Exfoliants:</b> | <ul style="list-style-type: none"><li>● <b>1 week before:</b> Do not use any harsh skincare products like retinol, exfoliating acids (glycolic, salicylic), or chemical peels on your brows or surrounding areas. These can make the skin more sensitive or cause peeling during healing, which can affect the pigment.</li></ul> |
| <b>Clean Skin:</b>                   | <ul style="list-style-type: none"><li>● Ensure your brows and the surrounding skin are clean and free from makeup, sunscreen, or oils on the day of your appointment. This will ensure the pigment is applied properly.</li></ul>   |
| <b>Hydrate and Moisturize:</b>       | Keep your skin healthy leading up to the procedure by drinking plenty of water and moisturizing your brows regularly (but not on the day of the appointment).   |
| <b>Consultation:</b>                 | It's recommended to have a consultation with your technician before the actual procedure. This gives you a chance to discuss your desired brow shape, color, and any concerns you might have.   |
| <b>Plan for Downtime:</b>            | Be aware that the healing process can take up to 10–14 days, during which your brows may appear darker, scab over, and require some maintenance.  |