

SABRINA FALK

MICROBLADING, BROWS, LASHES & MAKE-UP

PRE-TREATMENT & AFTERCARE

Pre-treatment and aftercare, are the key factors in obtaining a great result from your brow and or lash treatment. Sabrina takes great care in her work; it is vital you take the time to understand your role in the healing process to ensure your expectations are met with the result.

This document contains pre and post-treatment advice for Sabrina's Microblading, Lamination, Tint and Li-FT services. Please take the time to read the document before and after your appointments.

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SF RESTORATIVE BROWS

PRE-TREATMENT & AFTERCARE

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RESTORATIVE BROWS PRE-TREATMENT ADVICE

IMPORTANT: Please take the time to read the below and refer back to it pre-treatment.

- Do not pick/tweeze/wax/perform electrolysis one week before the procedure.
- Do not tan two weeks prior or have a sunburnt face.
- Do not have any type of facial/peel 2 weeks prior to treatment.
- Discontinue Vitamin A/Retinol products one month prior to treatment.
- Do not drink alcohol or caffeine 24-48 prior to your treatment.
- Do not exercise on the day of the procedure.
- Do not have Botox or fillers later than 3 weeks before treatment.
- Do not take Fish Oil or Vitamin E one week prior (natural blood thinners).
- Do not wax or tint your eyebrows less than 5 days before the procedure.

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RESTORATIVE BROWS PRE-TREATMENT ADVICE

IMPORTANT: Please take the time to read the below and refer back to it pre-treatment.

To avoid excessive bleeding and poor colour deposit:

- Do not drink alcohol or caffeine 24 hours before your tattoo.
- Do not take aspirin or ibuprofen 24 hours before your tattoo.
- Make sure you are prepared for the aftercare requirements. You may need to schedule a hair wash prior to your appointment as you will be unable to get your brows wet for 7-14 days.
- Reschedule your appointment if you are unwell, this should where possible be done at least 48 hours prior to your appointment unless in case of an emergency.

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RESTORATIVE BROWS AFTER-CARE ADVICE

PLEASE DON'T DO THE FOLLOWING FOR 7-14 DAYS:



Get your brows wet (apart from cleaning them).



Avoid swimming, hot tubs, steam rooms, saunas, hot baths and or hot showers



Rub or touch your brows



Sleep on your side/face



Use any products on the brow area which includes oils, retinol, active skincare, or make-up.



Avoid direct sunlight



Engage in any sport that may cause excessive sweating.



Use any LED masks

After your brow service it is vital to follow the following steps to ensure the longevity of your treatment and or to avoid any adverse reactions.

PLEASE DO THE FOLLOWING UP TO 3 TIMES A DAY FOR THE FIRST 3-5 DAYS POST-TREATMENT



Clean your brows with a cotton pad and warm, lightly soapy water.



Apply a thin layer of the aftercare gel provided with a clean cotton bud. Ensure your brows are dry prior to application.

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RESTORATIVE BROWS AFTER-CARE ADVICE

- To reduce swelling, you can apply a cold compress to the treated area.
- Use the aftercare gel supplied as instructed.
- To avoid fading or loss of pigment, avoid steam and heat treatments until your brows are fully healed.
- Avoid sunlight until your brows are healed, wear a hat
- and sunglasses.
- Do not use sunbeds.
- Keep the area free of any makeup or skincare.
- Keep showering to a minimum.
- Do not touch the area after the procedure.
- Do not pick, peel, or scratch the protective scab that forms on the area.
- Do not perform activities where the scab can be irritated.
- Do not perform activities where excessive sweat is caused as this could cause the scab to peel causing potential scarring or loss of pigment.

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RESTORATIVE BROWS AFTER-CARE ADVICE

- Do not drink alcohol after the procedure for at least 24 hours.
- Do not swim, go in a sauna or a steam room.
- Remember the colour is up to 50% darker straight after treatment. It will fade after 4-7 days, and the true colour will not be seen until 4-6 weeks after the initial treatment. During the healing process, the colour may seem to have disappeared as it is obscured by healing skin. Under no circumstances should you have further permanent cosmetic work undertaken during the 4-week healing period.
- Results cannot be guaranteed due to the nature of the skin as it heals. People with lighter hair, correction work or sparse eyebrows may require more than one follow-up to reach the desired look. These top-ups come at an additional cost. Your skin is 50% of the healing process. Some skin types will not take to the blade. In this case, machine brows may be more suitable. Upon booking, Sabrina will always advise if she feels that the treatment is not suitable.
- After the procedure, your brows may feel tight. Although the area will appear to be healed it will not be fully healed for 4-6 weeks. Continue to use aftercare products until you are completely healed.

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RESTORATIVE BROWS AFTER-CARE ADVICE

- You will require a top-up treatment in 4-7 weeks. If you fail to attend your top-up appointment within 6 weeks, your results will fade, and you will be charged at the full rate on your next appointment.
- Although rare, excessive swelling or an allergic reaction may occur. If excessive swelling occurs, you should consult your GP. If an allergic reaction causes difficulty in breathing or swallowing call 999 or go to the hospital immediately. This type of reaction is incredibly rare.



Book in your follow up brow appointment via Booksy.

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SF X ELLEEBANA PROFUSION
BROWS & LASHES

PRE-TREATMENT & AFTERCARE

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HAIR, WIGS, MAKE-UP & MICROBLADING

SF X ELLEEBANA PROFUSION BROWS & LASHES PRE-TREATMENT

IMPORTANT: Please take the time to read the below and refer back to it pre-treatment.

- Avoid using exfoliants, retinoids, or AHAs on your face for one to two weeks before your brow lamination.
- Avoid tweezing at least one week prior to your appointment – Sabrina's lamination treatment includes full brow shaping.
- Please come to your appointment without any makeup around the eye area.

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HAIR, WIGS, MAKE-UP & MICROBLADING

SF X ELLEEBANA PROFUSION BROWS & LASHES PRE-TREATMENT

Contraindications: The below medical conditions may deem a brow lamination and or a lash lift unsuitable – if in doubt please get in touch with Sabrina prior to booking:

- Herpes simplex (active sore on or around the area)
- Psoriasis/Eczema
- Alopecia
- Pregnant/breastfeeding
- Recent eye surgery
- Recent PMU (permanent make-up, Microblading, Tattoo, etc). You must wait 4 weeks after getting any PMU
- Cuts/abrasions/inflammation/swelling in or around the brow area
- Hemophilia
- Eye lift Surgery
- Cancer
- Sunburn in or around the brow area
- Very sensitive skin (must have a patch test 48 hours before)
- Medications: blood thinning, antibiotics (2 weeks), Accutane (within the last 12 months)
- Cancer
- Positive reaction to the patch test
- Conjunctivitis
- Excessive Allergies
- Recent scar tissue

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HAIR, WIGS, MAKE-UP & MICROBLADING

SF X ELLEEBANA PROFUSION BROWS & LASHES AFTERCARE

IMPORTANT: Please take the time to read the below and refer back to it post-treatment.

PLEASE DO NOT DO THE FOLLOWING FOR 48 HOURS:



Get your lashes or brows wet



Avoid swimming, hot tubs, steam rooms, saunas, hot baths and or hot showers



Rub or touch your lashes or brows



Sleep on your side/face



Use any products on the eye or brow or lash area which includes oils, retinols, active skincare.



Avoid direct sunlight



Engage in any sport that may cause excessive sweating.



Use any LED masks

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HAIR, WIGS, MAKE-UP & MICROBLADING

SF X ELLEEBANA PROFUSION BROWS & LASHES AFTERCARE

PLEASE DO THE FOLLOWING AFTER 48 HOURS:

After your brow service, it is vital to follow the following steps to ensure the longevity of your treatment and or to avoid any adverse reactions.



Clean your brows and lashes with a hydrating cleanser



Keep your brows & lashes hydrated using a nourishing oil or serum.



Gently brush your brows & lashes into place using a clean mascara wand.



Want to keep your brows and lashes looking fresh?

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LI-FT TATTOO REMOVAL

AFTERCARE

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HAIR, WIGS, MAKE-UP & MICROBLADING

LI-FT TATTOO REMOVAL PRE-TREATMENT

IMPORTANT: Please take the time to read the below and refer back to it pre-treatment.

- Do not drink alcohol or caffeine 48 hours before treatment
- Avoid aspirin, ibuprofen, and blood thinning medications 48 hours before treatment (Do not stop taking prescription medicines unless told that it is safe to do so by a doctor.)
- Do not have any treatments in the area less than 3 days before e.g.waxing, tinting etc and Botox less than 3 weeks before
- Do not use harsh peels for 2 weeks before or use retinol/vitamin A products for 1 month before
- Do not use sunbeds/sunbathe for 2 weeks before.

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LI-FT TATTOO REMOVAL AFTERCARE

IMPORTANT: Please take the time to read the below and refer back to it post-treatment.

1. **KEEP AREA CLEAN** and open to the air. Do not cover it with a Band-Aid or anything else, leave it open to air. Air/oxygen provides good and faster healing. **CLEANSE THE AREA** 4x a day with Saline. Dampen a paper towel or cotton round with Saline and blot the area 4x daily. Make sure you wash your hands directly before cleansing the area.
2. **DO NOT SOAK** the treated area in water. You can shower as normal but keep the area out of the shower spray the best you can and do not let the area stay wet for more than a few minutes. It is best to keep it dry but if you do get it wet gently pat dry.
3. **NO BATHING, SWIMMING, SAUNAS, HOT TOBS, TANNING, OR EXERCISE. NO EXCEPTIONS.**
4. **DO NOT** disrupt the scabbing process (i.e., no picking, scratching, etc.) All scabbing needs to fall off naturally. If you force or pick a scab off you will disrupt the process and possibly cause scarring. It is critical to keep the scabs on as long as possible to achieve optimum results.
5. **TREAT AREA WITH TLC. DO NOT DO ANYTHING AT ALL THAT COULD CAUSE ISSUES OR PROBLEMS TO THE TREATED AREA.**
6. **ONCE ALL SCABBING HAS NATURALLY FALLEN OFF**, apply one drop of Li-FT® Heal Care Oil 3 to 4 times throughout the day for a minimum of 4 weeks, or until the next lightening session. **DO NOT** start applying the Li-FT® Heal Care Oil **UNTIL** all scabbing has naturally and completely fallen off. It is our goal to keep the area as dry as possible until all scabs have naturally fallen off. If you do not have Li-FT® Heal Care Oil, you can substitute it with Vitamin E Oil.

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LI-FT TATTOO REMOVAL AFTERCARE

IMPORTANT: Please take the time to read the below and refer back to it post-treatment.

- It is important to the process and integrity of the skin that 8 full weeks of healing take place before another lightening session can be done. No exceptions.
- Lightening unwanted pigment can be a long process and patience is required. This is true whether you are choosing a saline lightening product or laser. Please be patient and give the process a fair chance to work. Expect visible and wanted results in 2 to 5 sessions. How many sessions are needed will depend on how saturated the pigment is, how deep it was implanted, the location, the skin type, and how much needs to be lightened for the desired result. In many cases, only a percentage of the pigment needs to be lightened and then we can continue the correction process by color correcting or color shifting. In those cases where we have pigment misplaced or in an unwanted area, color correcting will not be an option, and lightening as much of the pigment as possible will be our ultimate goal.
- Results cannot be foreseen, predicted, or guaranteed.
- If you have any questions or concerns please call us. If at any time you have any green or yellow puss in the area of the lightening procedure, or any concerns at all during the healing process please call us immediately.