

### Pre-Procedure Tips:

To help you get the best results possible from your microblading procedure I've outlined my lessons learned and provided a formula that will help to ensure you get the best results possible.

**The Prep:** If you've ever hired a professional painter they will tell you that "it's all in the prep". Professional painters know that they get the best results when they spend extra time sanding, filling holes, making sure edges are smooth and applying the right primer. Well microblading is very similar. You will get much better results when you properly prep. It all starts with a good canvas! The eyebrow area must be healthy, strong, non-sensitive and non-irritated. Here's how to get your skin ready for the procedure.

- Do not pick/tweeze/wax/perform electrolysis one week before procedure
- Do not tan two weeks prior or have sunburned 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 work out the day of the procedure.
- Do not have botox 3 weeks prior
- Do not take Fish Oil or Vitamin E one week prior (natural blood thinners)
- Do not wax or tint your eyebrows 3 days before the procedure.

In order to avoid excessive bleeding and poor color deposit:

- Do not drink alcohol 24 - 48 hours before your tattoo
- Do not consume coffee before your procedure
- Do not take an aspirin or ibuprofen for pain relief (this thins the blood)

Please call us or email if you have  
information. 303-907-1033

questions or concerns regarding the above  
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