



Ombre Powder/COMBO Brow Aftercare Instructions

READ THOROUGHLY! It is essential that you follow these instructions after your PMU session:

Day 1 (Day of treatment):

- Every 5-10 minutes (for 30 minutes) after session blot with a clean tissue to remove any excess lymph
- In 2 hours, gently but firmly clean the area with cotton round (use 3 drops of *microtonic in the middle of your cotton round). Do this every 3 hours today.
- Right before you go to bed clean again. Then apply a very thin layer of **microbalm using a q-tip. Blot excess with clean tissue, if needed.

Day 2:

- When you wake up, gently but firmly clean the area with cotton round & microtonic. You may wake with a bit of build-up on the brows from the night. Don't be rough, but make sure you clean any blood/lymph/excess pigment thoroughly.
- You will clean your brows every 4-5 hours (3-4 times today). **Oily skin:** apply thin layer of microbalm just twice today in the morning & before bed. **Dry skin:** apply thin layer of microbalm after each cleanse. REMEMBER – VERY SMALL AMOUNT OF AFTERCARE BALM AND BLOT EXCESS AFTER.

Days 3-10:

- Clean twice a day as needed. Keep brows lightly hydrated with microbalm. If scabs or flakes form, be very careful not to rub them off before they are ready-let them fall off by themselves. If scabs are picked or removed before they are ready, you **will** scar and the pigment with **not** retain.

**Use microtonic to clean until it runs out. You may also use drops of water, diluted cetaphil (non-active/sensitive) cleanser, or diluted antibacterial handsoap to clean-make sure your cotton round is barely damp, not wet.*

***only use microbalm OR other post-care given by Symmetry.*

**AVOID THE FOLLOWING AFTER YOUR BROW PMU
(once any flaking happens or scabs fall, you may resume normal activity):**

<ul style="list-style-type: none"> • Direct contact with water!!! • Sweating • Excess exercising or practicing sports • Swimming • Smoking • Drinking alcohol in excess, as it may lead to slow healing of wounds • Driving in open air vehicles such as convertibles, boats, bicycles, or motorcycles • No cleansers or facial products, over the brow. Only approved products to brow area. 	<ul style="list-style-type: none"> • Hot sauna, hot bath, long steamy showers, jacuzzi • Sun tanning or salon tanning • Facial treatments (facials, microneedling, laser etc) • Picking, peeling, or scratching of the brow area. • Dusty or dirty chores. Now is not the time to clean garage or mow the lawn! • Touching of the eyebrow area except for when cleaning & applying the post-care with a cotton swab • Absolutely do not use any ointments, antibiotic creams, or vitamin creams – it will draw out the pigment. Only approved products to brow area.
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WHAT TO EXPECT DURING HEALING PROCESS:

Days 1-4 – Brows will appear darker. Swelling is normal (swelling can cause the shape to look “off” and the brows to feel thicker). Tender brows are normal. Redness is normal. Brows appearing warm (color) is normal.

Days 5-10 – Expect brows to start to flake and/or peel. Don’t pick!

Days 11-14 – Brows may go through a “milky” stage and appear as though color has faded A LOT. Don’t worry, deep breath, trust the process.

Week 4-5 – Brow color will blossom during this time. This is the time you can truly see what color your brows have healed to.

During your 6-12 week touch-up we will address any areas that have faded, any pigment saturation discrepancies, and make any shape/size/color adjustments that are needed.

PRO-TIPS:

- Buy a shower cap, cover your brow area while showering to avoid getting water on the brows.
- Use make-up remover wipes at the sink to clean your face.
- Use a dry wash cloth to cover brows in the shower on days you need to wash your hair.

**** Please note:** Your brows are not considered fully healed until 4 weeks after the service. Your touch-up session should be performed from 6-12 weeks after the initial session (\$150). If, for any reason, you miss your 6-12 week touch-up, a touch-up from 12 weeks to 6 months after your initial session is \$225 – no exceptions.

- Once completely healed, always apply a layer of sunscreen SPF 30 up to SPF 50 on your eyebrows. Sun exposure can cause the color to fade quickly or distort.

- **NEVER EVER**, for the life of your new brows, apply any chemical exfoliants (NO salicylic acid, glycolic, lactic, retinols, vitamin a etc) it will fade and **DISTORT** the color of your brows. Always inform your technician/clinician/esthetician that you have tattooed eyebrows before any professional skin treatment.

- Your new brows are LOW-MAINTENANCE **not** no-maintenance. In order to maintain your brows, you will need regular touch-ups (approximately every 1-3 years) BUT your brows can only take so much pigment. Make sure that your brows have faded at least 50% before scheduling a yearly touch-up/color boost session.

****IF YOU HAVE ANY QUESTIONS OR CONCERNS DURING HEALING THAT ARE NOT ADDRESSED ON THIS AFTERCARE FORM, email nicola@symmetrybrowsaustin.com**

****ARE YOU LOVING YOUR NEW BROWS? CONSIDER LEAVING A POSITIVE REVIEW ON YELP OR GOOGLE. YOUR REVIEWS AND REFERRALS KEEP THIS SMALL BUSINESS GROWING AND WOULD BE SO APPRECIATED!**