



THE BEAUTIE BOUTIQUE

PRE TREATMENT

80% of the outcome of your brows is dependant upon proper pre-care and aftercare. In order for your brows to heal properly, the strokes and pigment to retain, find pre-care instructions below.

- No caffeine 24 hours before procedure: Caffeine can be found in coffee, de-caff coffee, tea, pre-workout, energy drinks, soft drinks, certain medications, some protein powders and some chocolates
- No alcohol 48 hours prior to procedure
- Do not take Aspirin, Niacin, Vitamin E or Advil/ibuprofen 24 hours before procedure. If medically administered, please check with your GP before ceasing and prescribed medication
- No brow waxing, microdermabrasion, chemical peels or facials 1 week prior
- Discontinue use of fish oil tablets 1 week prior
- Do not use AHA/Retin-A skincare products close to the eyebrow area 2 weeks prior and 2 weeks after your procedure
- No Botox above the brow area 2 weeks prior (straight after is fine)
- Please do not tint up to 4 weeks prior to cosmetic tattooing
- Try to book around your menstrual cycle where possible as this can increase sensitivity

PLEASE NOTE: Alcohol & caffeine, even the smallest amount changes the blood flow and the tattoo will be affected in the way of blurry strokes, uneven retention or no retention at all. You can enjoy both however straight after your appointment

Aftercare instructions, balm and healing guide will be provided to you at your appointment

Please note this includes no sweating, exercise or getting your brows wet for 10 days