San Diego Integrative Medicine & SPA

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Microblading/nanoblading PRE-PROCEDURE Information and Advice

Please read the following advice carefully before your appointment

Microblading and nanoblading procedures normally require multiple (at least two) treatment sessions. For best results, clients will be required to return for at least one re-touch appointment. This will take place 6 weeks after the initial procedure. Those with oily skin may require an additional touch up. Please be aware that color intensity will be significantly darker and sharper immediately and a few days after the initial procedure, but the color will reduce by 30-50%

- Although numbing cream is used during the procedure, sensitivity or discomfort may still be felt. Skin
 may be red and/or swollen after the procedure
- Please wear your normal make up on the day of your procedure
- Please do not drink alcohol 24 hours prior to the treatment
- Please do not shape or wax your brows before the procedure. Your technician will shape brows during the procedure
- No electrolysis for at least 5 days before the procedure
- Botox, dermal fillers and retinoids should be avoided for 2 weeks prior to the procedure
- Exfoliating treatments such as microdermabrasion should not be performed within 2 weeks prior to procedure Chemical and laser peels should be avoided no less than 6 weeks prior to procedure
- Patients prone to cold sores/fever blisters should take an anti-viral prior to treatment
- Hormone therapies can affect pigmentation and/or cause sensitivity
- Discontinue use of any brow-growth serums like Latisse as it can cause sensitivity or affect pigment

Please read the following statements carefully:

- Microblading is cosmetic tattooing, intended to be semi-permanent lasting on average 8 -18 months.
- On rare occasion the pigment may migrate (shift location slowly) under the skin.
- Microblading may be uncomfortable, however, we use the strongest numbing cream available.
- Although extremely rare, there might be an immediate or delayed allergic reaction to pigment or to the topical anesthetic. It may appear as *dramatic* redness, swelling, rash, blistering, or dryness.
- Permanent cosmetics cannot be performed if you are pregnant, nursing, or under the age of 18.
- Infections can occur if aftercare instructions are not followed correctly. There may be swelling and redness following the procedure. You may experience minor bleeding. Scarring may occur.

Allergic reaction information

As a result of the treatment, combined with the use of the anesthetic, expect to experience some redness/swelling that can last 1-4 days. If you do suffer from an allergic reaction, you should contact your doctor immediately. Please follow your post-procedure advice for the best results.

Contraindications for Microblading/nanoblading include: advanced liver disease, high risk of infection, pregnancy or nursing, damaged/compromised skin near brow area, chemotherapy/radiation currently, skin conditions like psoriasis or any dermatitis near the brow area. The following medical conditions may require special attention regarding healing: Diabetes Mellitus (type 1 and 2), high blood pressure, auto-immune diseases that are not controlled, or any other medical condition that may impair healing or be a higher risk of infection.