

PRE-PROCEDURE INFORMATION

Prior to treatment:

- ✘ do not consume alcohol 24-48 hours before the procedure
- ✘ do not consume caffeine before procedure
- ✘ do not work out the day of the procedure
- ✘ do not tan 2 weeks prior or come to with a sunburned face
- ✘ do not have Botox 4 weeks prior to procedure
- ✘ please note that you will be more sensitive during your menstrual cycle
- ✘ do not take Aspirin, Niacin or Ibuprofen 24 hours before the procedure
- ✘ consult with your doctor before you discontinue any medication
- ✘ do not use AHA skin care products close to eyebrow area no less than 2 weeks prior to your procedure.
- ✘ do not use Retin A skin care products close to eyebrow area 1 month prior to your procedure.
- ✘ IPL, laser hair removal should be performed no less than 2 weeks prior to your procedure.
- ✘ do not tweeze, wax, thread, or perform electrolysis 1 week before the procedure. Do not resume any method of hair removal for at least 2 weeks or until healing is complete.
- ✘ eyebrow tinting should be done no sooner than 48 hours before and 2 weeks after the procedure.
- ✘ 7 days before the procedure stop taking the following supplements (Fish Oil/Omega-3, Vitamin D, E, B6, Garlic, Bromelain, Gingko Biloba, Nattakinase, St. John's Wort) as they contribute to thinning of the blood and bruising of the skin. You may resume taking your supplements 72 hours after your procedure.
- ✘ It is recommended to postpone social plans for a few days. Avoid the procedure at least a month prior to important life events.
- ✘ Procedures may take longer than expected due to unforeseen circumstances.