



Ombre Pre Care

12 months from appointment

Take your last Roaccutane, Retina, AHA, Glycolic, Doxycyclineskin or other similar medications.

3 months from appointment

Stop using hair growth serums on the brows.

6 weeks from appointment

Avoid skincare with active ingredients and exfoliants.

Avoid any facial treatments to and around the area.

Refrain from getting burns on the area (sun, wind and chemical).

Last wax and/or tint/dye before appointment.

2 weeks from appointment

Do not receive any cosmetic injectable treatments on or around the area (Botox and filler).

7 days from appointment

Stop taking gym pre work out.

Stop taking fish oil and blood thinners BUT ONLY IF cleared by doctor to do so.

48 hours from appointment

Do not consume any alcohol or caffeine.

24 hours from appointment

Start taking Arnica oral pills if you are a heavy bleeder/bruise easily BUT ONLY IF you have been cleared by your doctor to do so.

**Any concerns or queries in the lead up to your appointment
please don't hesitate to get in touch.**



Ombre Healing

There are 2 stages to the healing. The initial healing which is in the first 7 - 10 days and long term healing which takes up to 6 weeks.

On the day of your appointment

Your brows may be slightly swollen, red with minimal discomfort. Majority of people can carry on their day as usual. The brows will weep a clear/yellow lymph fluid, this is normal. The pigment colour can look orange/warm, this is also normal and the colour will cool down during the long term healing.

First 7 - 10 days

The tattoo will appear thicker, darker and more defined as they heal and start to scab. This is totally normal and please don't panic. Around day 5 the scab will start to shed. It will come off in patches. Please do not pull them off. When the scab falls off, the tattoo underneath will look much lighter compared to the shedding, sometimes even look like there is no pigment at all. This is normal also. During this time you will go through a wave of emotions. One day you'll love your brows, the next you'll think to yourself, what have I done?! This is TOTALLY normal, I went through the same motions when I got my tattoos done, and I knew what I was in for! It is a big change to your face, and while they are healing they can look so different and change day to day. Try and remind yourself it is part of the process and the true result will not be visible till the 6 - 8 week mark.

6 - 8 weeks after initial appointment

Once all the scabbing has fallen off, usually between day 5 - 10, the pigment can look like it has disappeared or a lot lighter than expected. This is totally normal. Over the next 6 - 8 weeks the pigment colour will start to darken as it resurfaces. The true colour will be visible by week 6. Any changes or concerns can not be addressed until the 6 week mark. You only need a perfection visit at the 8 week mark if there are patches of pigment that did not darken, the colour is too light or ashy. If you are unsure if you need a perfection visit at the 6 week mark, you are more than welcome to get in touch.

**If you have any issues or concerns that are not mentioned above
please do not hesitate to get in touch.**



Ombre Post Care

On the day of your appointment

Your brows may ooze a clear/yellow lymph fluid. This is totally normal. Using the wipes provided to you, wipe the brows gently 3 hours after your appointment.

For 48 hours after your appointment

Your brows will be dry healing. This means no aftercare cream will be applied to them, but you need keep them clean.

For 7 - 10 days after your appointment

- Do not pick the scabs off. Picking them off prematurely can cause patches in healing. If the brows get itchy, with clean hands, or with a Q-tip you can tap the brows.
- Keep the brow tattoos clean as they are a healing wound. Do this by *gently* washing them with warm soapy water. Make sure to pat the area dry with clean kitchen roll (tissue paper is too frail and can get stuck to the brow) immediately afterwards to prevent the scab falling off prematurely.
- Do not get the brows (soaking) wet, use the shield provided to you when having a shower, tip your head back as much as possible when having a shower and when washing your face, use a damp flannel and go around the brows. No swimming,
- Refrain from sweating. No vigorous exercise, use of saunas or having hot steamy showers (doesn't mean have cold showers!)
- Do not apply any makeup or skin products onto the brows. Be mindful when spraying hairspray or perfume not to get it on the brows. This is to prevent infection as much as possible.
- Starting on day 3 after your appointment, apply the aftercare cream provided once a day. Using a small amount as shown to you, with clean hands, dab and roll onto the brows to create a very thin shiny film. If you oversaturate the brows with cream it can cause the scab to fall off prematurely resulting in patchy healing.

For 30 days after your appointment

- Do not use any cosmetics with Retinol acids, Salicylic or AHAs.
- Do not get any facial treatments.

For 6 weeks after your appointment

- Do not go into high exposure.

For 3 months after your appointment

- Refrain from putting growth serum onto tattoo area.

Long term post care in between touch ups

Once brows are fully healed after your initial appt or perfection visit if you needed one you should do the following to help with the longevity of your tattoos.

- Apply sunscreen onto your tattoos daily.
- Refrain from putting skincare with active ingredients and exfoliants on your tattoos.
- Keep in mind that any change to your medical history, medications or supplements can alter how the tattoo fades.
- Come in for regular brow styling in between your touch ups to keep them looking fresh as the surrounding hair will distort the shape.

If you have any questions or concerns please do not hesitate to get in touch.