



Skin Care Digest



How To Prepare For Your Brow Microblading Appointment!

Everything you need pre- and post-microblading to ensure the best possible before and after results.



It's imperative that the skin in this area can withstand treatment. Acids and [retinol](#) may 'thin' or sensitize your skin, and could cause your skin to tear during microblading. You should also make sure to finish out any antibiotics you've been prescribed. Antibiotics and other vitamins thin your blood. If your blood is thin during the microblading process, you may bleed a lot, and that could affect the pigment and how it takes to your skin. (Obviously, it's more important to finish a round of prescribed antibiotics than to keep your microblading appointment — so if you're still on antibiotics around the time of your appointment, reschedule. One week out from microblading, eliminating fish oil pills and Ibuprofen from your routine; both have the aforementioned blood-thinning effect as well.

EXPECTATIONS
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“A day before treatment, wash the area with an antibacterial cleanser,” [Dr. Rachael Cayce](#), a dermatologist at DTLA Derm in Los Angeles, tells TZR. CeraVe Foaming Facial Cleanser and Neutrogena Oil-Free Acne Wash both fit the bill, but Casgraux asks her clients to cleanse with Dial soap the night before and the morning of the appointment. (Dial soap isn’t the best for the skin on your face long-term, but it creates a bacteria-free canvas for microblading, so it’s worth it just this once.) “Clients should arrive free of any cosmetics and face creams,” she adds.

On the day of your microblading session, it’s important that the skin around your brows isn’t [broken out](#) or inflamed beforehand. “Microblading [on irritated skin] can lead to scarring or an increased risk of a dye reaction,” Dr. Cayce notes. Even if your skin is completely clear, there’s always a slight risk for infection or an allergic reaction to the tattoo pigment.

Before a blade touches your brows, the esthetician will typically apply a numbing cream with lidocaine to desensitize the area (you won’t feel a thing, I promise). Casgraux says that the numbing process usually takes about 20 minutes, and it’s best to leave it to the professionals. Now it’s time for the main event.

Once your brows are done, get ready to play the waiting game. “If a client has extra dry skin and seems like he or she may scab, I will send them home with Aquaphor,” Casgraux says — but other than that, no products are recommended right after your appointment.

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Delaney Salons.
2851 Matlock Rd. Mansfield, TX