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### **What is Microblading?**

Microblading (also referred to as Microstroking, Eyebrow Embroidery, Feather Stroke Brows, 3D Brows, micropigmentation, etc) is the process of manually implanting colour pigment into the skin, by means of tiny, sterile, disposable needles to produce the appearance of hair strokes for a more natural appearance.

### **Am I a good candidate?**

I would be happy to consult with you to determine whether you are a good candidate for microblading.

Clients who MAY NOT be able to undergo microblading:

- Under 18 years of age
- Are pregnant or breastfeeding
- Have previous eyebrow tattooing done (please contact me directly)
- Are prone to keloids
- Are an insulin dependent diabetic
- Are taking blood thinners (e.g. aspirin)
- Darker skin tones, as the pigment may not retain as well
- Have eczema, psoriasis/dermatitis, keratosis pilaris, chronic eczema, chronic acne, rosacea (mild cases okay) on or around the eyebrow area
- Hemophilia
- Healing Disorders, uncontrolled high-blood pressure or mitral valve disorder
- Taking medication such as Accutane, ro-accutane, antacids, steroids which thin and over-sensitize the skin
- you have a heart condition (doctor's note required)
- Undergoing radiotherapy or chemotherapy treatment (or due to undergo such treatment) and any of these came to an end not less than 42 days ago from the date of the treatment (doctor's note required)
- you have had major plastic surgery in the past year
- Are epileptic and experience a seizure within the last two years

Let me know if you have had previous allergic reactions to anesthetics and/or pigments.

A sensitivity patch test is offered and has to be done a minimum of 24 hours prior to treatment if you wish to have this done. However, you can choose to waive the patch test and therefore release the technician from liability if you develop a reaction to any products used.

For further questions or concerns please call or email me to discuss whether you need to book a consultation prior to Microblading.

### **Is it tattooing?**

Permanent cosmetics, "semi-permanent makeup", micropigmentation, dermal implantation, microblading/microstroking, eyebrow embroidery, and long-time/long-lasting makeup, are all different names for the same procedure – cosmetic tattooing. It differs from a traditional tattoo in terms of depth and time it remains in the skin, hence "semi-permanent".

### **Does it scar?**

The depth of the stroke, the dermal-epidermal junction which is made up of loose connective tissues, has no real scarring reaction from the treatment. It does not cut deep enough to affect the hair follicle or hair growth making it a safe and effective treatment. When done properly, the ink should last anywhere from 1-3 years, with no build up of scar tissue to inhibit future treatments. All of this depends on proper technique, proper care during healing process and a body that is in good health with good healing capabilities. Microblading is a safe and effective technique to help restore a youthful appearance of a natural looking eyebrow when done properly and on the right candidate.

### **Who is Microblading for?**

Those who want to effortlessly look their best anytime. Busy moms, business women or anyone with an active lifestyle or that have over-plucked and have sparse eyebrows.

**Do my existing eyebrows need to be shaved off?**

Most definitely NOT! Please do not tweeze, thread, wax or modify your eyebrows in any way for as long as possible, and no sooner than two weeks. The beginning of your service includes a brief consultation, followed by shaping and finally a discussion about colour. Your regular brow maintenance of tweezing, threading, waxing and/or tinting may continue once the brows have healed.

**Does it hurt?**

The discomfort is relative as everyone has a different level of sensitivity. A numbing anesthetic is applied for numbing after the first pass. Every effort is made to ensure you remain comfortable for the duration of the procedure. Our clients are usually pleased to discover that it is no more painful than tweezing or threading.

Pre-care Instructions are designed and **MUST BE STRICTLY FOLLOWED** to limit bleeding and skin sensitivities during the service. Excessive bleeding and sensitivity during the procedure will dilute and expel the pigment colour and lead to poor results.

\* Having this service performed during your menstrual cycle may increase discomfort during your procedure.

\* If you are a frequent smoker or "sun worshipper" the topical anesthetics used during the treatment may not last as long and also can lead to poor retention and poor lasting results.

\* If you have been diagnosed with Fibromyalgia, be aware that this may affect your sensitivity tolerance to the procedure.

**How long is the healing process?**

It is normal to experience minimal swelling and tenderness immediately following your procedure. This usually subsides within a few hours. The first week following your treatment, the pigment will appear much darker than how it will appear once it has healed. Around the 1st or 2nd week post procedure, the skin naturally exfoliates and sheds. During the 3rd and 4th week when the skin completes healing, you will see the pigment become more visible. A touch up session approximately 4-8 weeks after your first initial appointment is necessary in order to achieve fullness of colour, achieve symmetry, and density in the shape.

**How old do I have to be to get tattooed?**

You must be 18 years or older to receive Microblading.

**Can I get tattooed if I am pregnant or nursing?**

As a precaution, cosmetic tattooing is not performed on pregnant or nursing women.

**How long does Microblading last?**

Microblading is a cosmetic tattoo. The pigment will fade over time and it is recommended to get an Annual Touch-Up to keep them looking their best. There is no guarantee in how long it lasts as each individual has very different skin and lifestyle.

Frequency of touch-ups depends on a number of factors including: skin type, pigment selection, lifestyle (sun exposure, smoking, acidic skincare products, etc), chemical peels, etc.

Please note that final results cannot be guaranteed as each unique skin type will hold pigments differently and break down at different rates. A re-evaluation of how your skin has received the pigment is done at your touch-up appointment and changes are made if necessary.

**How many treatments are needed?**

Microblading is a multiple step appointment process. **YOUR BROWS WILL NOT BE COMPLETED AFTER JUST ONE SERVICE.** For Microblading, at least two appointments are needed initially. Each of these appointments being 4-8 weeks apart. Everyone heals differently and at different rates. If your cosmetic tattoo does not heal perfectly the first time, do not worry! We can always go bolder and add more density at your next appointment.

**What factors will affect Microblading?**

**Bleeding during the procedure:** Excessive bleeding during the tattooing procedure will reduce the amount of pigment absorption (it is for this reason the pre-care instructions need to be followed). Alcohol and certain medications act as blood-thinners and should be avoided 48 hours prior to your appointment. For a full list of what to avoid 48 hours to your appointment refer to Pre/Post Care Info.

**Sun exposure:** The sun will extremely soften the look of your tattoo, and may also change the colour appearance of the pigment.

A physical sunscreen should be used (once healed) to prolong your enhancement. Whenever possible, we encourage our clients to wear a hat to protect their beautiful brows (and skin too)!

**The choice of pigment colour:** Some colours may fade quicker than others, e.g. a blonde pigment may fade quicker than a dark brunette pigment.

**Lifestyle:** smokers, "sun worshippers", or anyone with skin that is in a state of distress (rosacea, acne, etc) may have less desirable results.

If you are iron deficient or Anemic, your pigment will fade sooner and bleeding/bruising may occur during and after the procedure.

**What should I do before my eyebrow procedure?**

You may fill in your eyebrows as you normally would so we may take into consideration the shape you feel most comfortable with.

If you regularly get your eyebrows shaped, waxed, threaded or tinted, please refrain from doing so within at least one week of your appointment. If there are any stray hairs that fall outside of our final shape, we will remove them.

If you plan to go on a vacation, it is recommended to plan your trip a minimum of 30 days after the procedure.

Clients must avoid any blood thinning medication for a minimum of 48 hours prior to their appointment. This includes Vitamin E, Aspirin, Niacin, fish oil supplements, and Ibuprofen.

Do NOT drink any alcohol or caffeine 48 hours prior to your appointment. (Yes, decaf coffee has caffeine!)

NO Botox for 2 months prior to Microblading and No Botox 4 weeks after Microblading (We recommend that it's best to wait until after your touch up heals to get Botox)

If you have been on prescription Accutane in the past, you MUST wait at least one year before considering this procedure. Doxycycline users are also encouraged to wait up to 6 months before receiving Microblading.

It is highly recommended that you avoid SUN and TANNING BED exposure for 30 days BEFORE and AFTER your procedure. If you show up for your appointment with a new tan or a sunburn, you will need to reschedule and will forfeit your deposit. As your skin exfoliates from a sunburn, it will take the pigment with it.

#### **How will I look immediately after?**

Your brows will appear darker and more intense than expected for the first week or so. This will gradually lighten during the complete healing process. Redness and swelling is minimal. You can anticipate your brows being bolder than normal the first few days after your procedure.

#### **What should I do after the procedure?**

Please review the detailed Pre & Post Care Instructions. It is highly beneficial to follow these instructions to ensure a comfortable healing process and to achieve the best possible results. DO NOT rub or pick the healing area as the colour will peel off prematurely, and avoid extreme heat, sweating, and contaminated bodies of water (such as saunas, hot tubs, steam rooms, pools, lakes, and places with hot humidity, etc.).

#### **How will my Microblading brows look in the future?**

During your appointment, your skin and skin tone will be analyzed to anticipate how pigment colours will heal and fade in the future. Pigments will be mixed to ensure the colour blends well with your natural hair and skin tone. There are some cases, however, where the colour may fade to different tones according to the individual's response to the pigments (like lifestyle and iron deficiencies). Many factors affect these changes. If needed, special formula alterations to correct the colour is made at your touch up appointment. Your eyebrow tattoo will eventually look softer and have more of a "powdered" look. To keep your brows looking their best, a refresher appointment is suggested every 12 months. Results and preferences vary with each client.

#### **What should I know about long term care?**

\* The colour will lighten over time. An annual touch up is recommended to keep brows looking their best. Fading greatly depends on your skin type, lifestyle, sun exposure, pigment colour used, broken capillaries, iron deficiency, and if any chemical peels were done after your procedure.

\* If you are planning a chemical peel, or other medical procedure, please inform the technician that you have had a cosmetic tattoo. Careful application must be taken to avoid affecting the tattooed area.

\* If you are planning to have laser treatments, tell your laser specialist to avoid the pigmented area. Laser may cause pigment to turn black.

#### **Will Microblading work well for me?**

If you have extremely oily skin, Microblading may NOT work well for you. The constant production of oil will cause the hair strokes to heal with a diffused, softer look. Your end result will look more powdered instead of a crisp hair stroke appearance. If you are a frequent smoker, your pigment will fade sooner.

#### **Do you tattoo men's eyebrows?**

We are happy to accommodate consultations for men interested in Microblading.

#### **How do I book an appointment?**

Appointments may be made via the online booking system. A non-refundable deposit is required at the time of booking.