



# MICROBLADING — POST CARE — INSTRUCTION SHEET

## **In the next 10 days AVOID:**

For the next 48 hours do not wet the treated area with water

- No pools, hot tubs and saunas
- No hot showers or baths (wait to shower the day after your treatment if possible and with cooler than normal water)
- No hot water on the treatment areas
- No sun exposure without sunscreen
- No tanning beds
- No working out/ excessive sweating
- No picking or peeling flaking skin
- No touching the face with unclean hands
- Do not use products with active ingredients such as retinol, AHAs such as glycolic acid, lactic acid, BHA salicylic acid
- Do not exfoliating the skin for 1 week
- No hair removal services such as threading or waxing or laser hair removal services within 1 week of treatment
- No other facial treatments for 2 weeks ie. chemical peels, microdermabrasion, laser, IPL
- Do not apply makeup to let the skin breathe and heal (if you prefer to wear makeup, ideally mineral is safest)

## **Things TO DO immediately after treatment:**

- Keep the area extremely moisturized with medicated cream or healing balm provided by your technician

## **Recommended post-treatment products for moisturizing:**

1. Polysporin – black label with lidocaine
2. Coconut oil

After 48 hours you may cleanse with a gentle, non-exfoliating, fragrance-free cleanser

For optimal results, book your touch-up appointment 4 weeks after your initial appointment!

IF YOU HAVE ANY QUESTIONS OR  
CONCERNS, PLEASE CONTACT US AT THE  
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