

# *PMU, SMP & Microblade Aftercare*

How you treat your recent PMU, SMP, & Microblading over the next 14 days will ultimately determine its final appearance and longevity. Please follow these instructions carefully for best results.

- Immediately and two to three times a day following your procedure, please apply your aftercare balm provided. **Never** let your procedure area feel tight or completely dry. Hydration is key! **DO NOT USE POLYSPORIN!**
- Please avoid washing the area for 48 hours. (5 days for SMP) . Morning and night, use mild soap and gently pat the area to clean, dry with clean tissue and reapply the provided balm. When showering or bathing thereafter, do not let the area soak for too long and don't have the area directly under a shower or waterstream until healed. Apply a thick layer of aftercare balm to the area to protect it.
- **AVOID** pools, jacuzzis, tanning, excess sweating, facials, botox, and saunas for at least 14 days after the procedure or until the area is fully healed.
- Swelling is normal and can be managed with soft gel ice packs. Place chilled (not frozen) gel packs in plastic bags before applying. This is to protect your procedure area from coming into contact with moisture.
- Flaking and crusting may also occur as the skin heals. Picking or peeling at the procedure area will cause loss of pigment and scarring. Refrain from touching the area, except when applying aftercare balm. Please wash your hands prior to application or use a clean disposable q-tip.
- **Do not** wear make-up on the area for as long as you can, or at least until it is healed (up to 3 weeks). The longer you refrain from putting anything on the area aside from aftercare, the less chance of infection, scarring, pigment loss etc.
- Skin creams and products other than a moisturizer or sunscreen must be avoided for at least 14 days on the procedure area as they will likely cause fading and possibly irritation. Sunblock should always be applied (SPF50+), and other sun protection such as a hat and/or sunglasses should be worn for the first few days if sun exposure is longer than 30 minutes.  
**PRO TIP:** Sun will drastically fade your procedure area forever going forward. Never stop wearing sun protection after treatment.
- Most procedures require a 4-6 week touch-up. Any sooner and the treatment area isn't completely healed and can cause scarring, any longer and it's like starting over meaning you may need additional touch ups. Current pricing guidelines **do not** include **ANY** free touch ups. All future appointments requested are at an additional cost. Results are **never** guaranteed.
- True results can only be assessed 4-6 weeks after your appointment. Until they are fully healed, no corrections or touch ups can be done. In some cases, the healing process entails patchiness, extreme fading and/or loss of pigment completely. In most cases, pigment resurfaces after 4-6 weeks. Be patient.