

NANOBLADING PRECARE

Do not work out 24 hours before procedure.

NO alcohol or caffeine 48 hours before procedure (Yes, there is caffeine in decaf coffee and tea!).

- ✓ Avoid sun and tanning one week prior to procedure.
- ✓ **Do not take Aspirin, Niacin, Vitamin E or Advil/Ibuprofen 48 hours before procedure.**
- ✓ Avoid Fish Oil, Prenatal Vitamins, Nutritional Shakes (Shakeology, etc), "Hair, Skin, Nail" supplements 48 hours prior to procedure.
- ✓ **Discontinue Retin-A at least 4 weeks prior (and avoid on eyebrow area after procedure).**
- ✓ **Refrain from use of any Alpha Hydroxy Acid (AHA) products close to the eyebrow area 2 weeks prior (and avoid on eyebrow area after procedure).**
- ✓ **Botox and filler on the forehead, temple, and eye area should be avoided 1 month prior to procedure for those who do not regularly receive injectables.**
- ✓ No brow waxing, tinting, or threading one week prior (the more natural hair growth you have, the better!)
- ✓ **Avoid Chemical Peels, Microdermabrasion or facials for 4-weeks prior procedure.**