

## NANOBLADING AFTERCARE

- ✓ **Day 1:** One hour after the procedure, rinse with a neutral kid's soap (such as Johnson & Johnson baby wash or other comparable soap) and apply a very thin layer of healing cream;
- ✓ **Avoid physical activities for 3 days;**
- ✓ **Do not sleep on your the side for 7 days;**
- ✓ **Day 2 to day 5:** Wash in the morning/night and apply healing cream. If your eyebrows feel dry during the day, use healing cream again, always in a small amounting ;
- ✓ **Do not apply makeup or sunscreen on the eyebrow (around it's fine) for 15 days;**
- ✓ Avoid swimming, ocean, sauna and exposure to the sun for 7 days;
- ✓ Do not consume seafood and fatty foods (pork, chocolate, shrimp, lobster etc.) for 3 days;
- ✓ Avoid take antibiotic and anti-inflammatory for 15 days;

**Day 2 to day 3, it will be darker, and it's completely NORMAL;**

**Day 6 to day 20, you will get the impression that the pigment is gone due to PHAGOCYTOSIS, where the skin encapsulates the pigment for healing;**

**Day 20 to day 30, healing begins and the strokes start to become more apparent.**