

*Lammergeier Studio*  
PERMANENT EYEBROWS PROCEDURE  
*Aftercare*

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If this sheet is not thoroughly read through, it will be noticeable as aftercare is so crucial. If aftercare is not properly followed, it can be up to the full cost again at the touch up. Please email [TheLammergeierStudio@gmail.com](mailto:TheLammergeierStudio@gmail.com) if you have any questions at all!

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**Things you'll need:** absorbent paper towels, Cetaphil Gentle Foaming Cleanser or Aveeno Ultra-Calming Foaming Cleanser

**Things to note:**

- The brows will heal 20-30% lighter and softer. We can always go darker at your touch up.
- Any unwanted warm tones will neutralize once healed
- **Once healed**, if you wear foundation, be sure to wipe it off the brows with something damp after applying, then apply sunscreen to the brows. Foundation will cover the brows and leave them looking less vibrant.
- Always let your esthetician know you've had your brows tattooed before they work on you.

Starting immediately after leaving Lammergeier Studio, begin gently blotting your brows with a paper towel. Once you are in a clean environment, get part of the paper towel damp. Blot with the damp part then blot with the dry part. Be sure to change out the paper towel.

Do this every 15 minutes for the first few hours then every 30-60 minutes for the next 3 days. This will reduce build up and allow the brows to heal quicker and with better retention.

**Cleansing:**

Wash your brows for the first time ~2 hours after you leave Lammergeier Studio.

For at the **first 3 days**, wash your brows **3x** per day. After the first 3 days, you can wash 2x per day for the rest of the visible healing.

**How to wash:** with **clean** hands, get some foaming cleanser and gently cleanse your brows. **Do not** scrub or do circles, use a tapping/rocking method with the pads of your fingers. When you cleanse, make sure you get all the healing cream off (explained below) and when you rinse, use cool water and be sure to get all the soap off. You do not want to get a buildup of gunk on the brows. After cleaning, always pat dry with a **paper towel**. Never use anything reusable that can harbor bacteria.

\*the cleaner you keep your brows the less flaking you will have and the better they will heal. Do not over do it though, just follow the instructions. Gentle yet regular cleansing is the way to go.

When you shower wash your brows and face prior to getting in, pat dry, then avoid water on your brows as best as possible. Take shorter cooler showers to avoid excess steam and heat. Do not take baths during healing.

**Healing cream:**

The healing cream you are given will last for your touch up as well. Please keep it zipped up in the baggie so it stays clean.

To apply, get a small amount (~grain of rice size) on a q-tip. Run this over your brows in the direction of the hair a few times to make sure it is a **very** thin layer. Think of this more as a very thin barrier as opposed to really trying to moisturize. If you over moisturize, it will just get a build up and pull out the pigment. **Less is more.**

Apply the healing cream 2-3x per day (after each cleanse). Use this until the flakes are gone/just a few days past.

**Important details:**

- Absolutely no sweating for 7-10 days. Even if you don't think you sweat it can still affect the brows.
- No sun exposure. You cannot wear sunscreen on the brows while you are healing, so bring a hat everywhere you go and think about where your brows are when you're out and about or driving. Once the very last flake is gone, wait a couple days and then you can start wearing sunscreen on them & makeup as well. Still protect your brows with sunscreen and a hat for a total of 4 weeks as the skin is still not healed even though it may appear to be. **Once healed, wear sunscreen on your brows every day. If you are outside spending a lot of time in the sun, reapply every 2 hours. UV rays can ash out & fade pigment. It is crucial to protect them from the sun. The use of tanning beds is not an option after getting your brows done.**

**Lammergeier Studio's recommended sunscreen: Cocokind SPF 32. Can be purchased at Target, Wholefoods, Ulta & Amazon**

- **Do not use anti aging products, products with acids or that exfoliate or brighten, get facials, etc. until you are 6-8 weeks healed from your touch up appointment. Remember to continue to follow "pre appointment information" between your initial appointment and your 6-8 week touch up appointment.**
- Do not pull the flakes off. Let them shed on their own. If pulled it will damage your skin and pull the pigment out.
- No swimming/saunas/baths/steam rooms while healing (4 weeks).
- Do not sleep on your brows.
- They may get itchy, this is normal. Do not scratch them
- Do not pluck or wax your brows until you are 3 weeks healed.
- Do not apply makeup to the brows while healing. Keep foundation far from the brows and avoid glittery eyeshadows. Makeup harbors a lot of bacteria.

**What healing looks like:**

Starting day one you will notice your brows begin to get darker and more red/irritated looking. Over the next few days they will continue to darken, do not panic as they will not stay this dark! They will then begin to flake, and as the flakes come up it may look like there is very little pigment underneath, it may look almost non existent or milky. Again, do not panic! This is just a protective barrier of skin that has formed. It will slough off and the pigment will show back through. Some people see the results in ~2 weeks, others it can take up to 6 weeks. Just give it time for the pigment to show back and remember they are not finished until they are healed from the touch up.

Visible healing is typically 1-2 weeks. The skin continues to heal for 3-4 more weeks after that.

Although extremely unlikely- If your brows become hot and painful, or anything out of the ordinary occurs, please **discontinue** the use of healing cream/cleanser and contact your physician immediately. Remember, they may look like eyebrows, but they are an open wound and must be treated as so. Avoid touching the brows as much as possible and only do so with clean hands.

**Thank you for following aftercare and don't hesitate to reach out with any questions you may have!**