

# Post-Care Instructions for Permanent Eyebrows

## Immediate Care (First Few Hours):

1. **Within the First 2 Hours:** Gently pat the treated area with a clean tissue every 15 minutes to absorb excess lymph fluid.
2. **After 2 Hours:** Clean the eyebrows using a cotton pad moistened with distilled water. Follow up by gently patting the area dry with a tissue.
3. **Before Bedtime:** Clean the eyebrows again, pat dry, and apply a thin layer of the provided post-care ointment.

## Daily Care (For the Next 2 Weeks):

- Avoid getting the eyebrows wet.
- Apply a thin layer of post-care ointment twice daily (morning and night), and reapply throughout the day if the area feels dry.

## Additional Precautions:

- **Avoid:** Swimming, saunas, long showers, and intense workouts that may cause sweating.
- **Showering Tips:**
  - Use cool to warm water to reduce steam exposure.
  - Wash your face separately at the sink with a washcloth, steering clear of the eyebrow area.
  - Do not position your face directly under the shower stream.
- **Makeup and Products:** Refrain from applying makeup, serums, or any products on the eyebrows.

## Why Avoid Water on the Eyebrows?

- Water can impede healing and cause the pigment to fade.
- Sweat may push out the pigment, leading to blurring.
- Keeping the area dry is essential for preserving colour and shape during the healing process.

## What to Expect During Healing:

- Some scabbing or flaking is completely normal.
- You may experience tightness, dryness, or mild itching; these sensations are part of the natural healing process.