

PhiContour Microblading / PMU Aftercare

(Compliant with Dutch GGD hygiene policy & RIVM guidelines)

Immediately After the Treatment (Day 0)

- Avoid touching the treated area with unwashed hands.
 - For the first 3 hours, gently blot the area every 15–30 minutes using a clean tissue or sterile cotton pad to remove excess lymph fluid. This helps prevent thick scabbing.
 - After 3 hours, cleanse the brows gently with lukewarm water and Phi Wipes / mild antibacterial soap, then pat dry with a clean tissue.
 - Apply a very thin layer of Phi After Care Cream (or a GGD-approved sterile ointment) using a cotton swab.
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Days 1–7 (Healing Phase)

Repeat this 3–5 times daily:

1. Cleanse the area gently with Phi Wipes or lukewarm water.
2. Dry carefully with a clean tissue (do not rub).
3. Apply a thin layer of Phi After Care Cream.

Avoid:

- Getting the brows excessively wet (showers, swimming, saunas).
 - Touching, scratching, or picking at flakes or scabs.
 - Applying any make-up, creams, or serums to the treated area.
 - Sun exposure, tanning beds, steam rooms, and heavy sweating.
 - Sleeping on your face; use a clean pillowcase nightly.
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Days 8–14 (Skin Renewal)

- The skin will begin to flake or peel — do not remove flakes.
- The color may appear light or faded during this stage; pigment will gradually resurface as the skin regenerates.
- Continue protecting the area from sunlight and heat exposure.
- Stop using the aftercare cream once the skin is fully closed and dry.

Weeks 3–6 (Complete Healing)

- The final color will appear once the skin is completely healed (after \pm 4 weeks).
 - Apply SPF 30+ when exposed to sunlight to prevent pigment fading.
 - Avoid chemical peels, microdermabrasion, microneedling, or laser treatments near the brows for at least 4 weeks.
 - Your touch-up session is usually scheduled 4–6 weeks after the initial procedure to perfect the color and shape.
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When to Contact a Professional

Call your PhiContour Artist or a doctor if you notice:

- Redness, swelling, warmth, or increasing pain beyond 48 hours.
 - Yellow/green discharge or an unpleasant odor (possible infection).
 - Fever or other unexplained illness symptoms.
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Hygiene & Safety (Required by GGD Netherlands)

- The salon must have a valid GGD permit and work according to NEN-EN 17169 hygiene standards.
 - Only sterile, single-use needles and pigments are used.
 - Hands are disinfected, and gloves are worn during the procedure.
 - All equipment and surfaces are cleaned and disinfected before and after every client.
 - You must inform your artist if you are pregnant, breastfeeding, using blood thinners, or have skin conditions.
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Recommended PhiContour Aftercare Products

- Phi Wipes Aftercare / Phi Wipes Block Tonic
- Phi After Care Cream
- Phi Shield Balm (for dry/sensitive skin)
- PhiBrows Sun & Sweat Protection (after complete healing)