

# Microblading Aftercare Instructions

*(Based on Dutch GGD & RIVM hygiene guidelines for PMU)*

## Immediately After Treatment (Day 0)

- Avoid touching the treated eyebrow area with unwashed hands.
  - Keep the area as dry as possible until the next morning (unless your artist instructs otherwise). If a sterile cover was applied, remove it according to your artist's instructions.
  - You may experience redness, mild swelling, or tightness — this is normal during initial healing.
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## Days 1 – 7

- Keep the treated area dry — avoid soaking it in water (e.g., showers, swimming, saunas).
  - Clean gently once or twice daily with lukewarm water and mild, fragrance-free soap, without scrubbing. Pat dry with a clean tissue or towel.
  - Apply only the recommended ointment or healing balm in a very thin layer, using clean fingers or a cotton swab. Over-moisturizing can delay healing.
  - Avoid:
    - Applying make-up over or near the brows.
    - Heavy sweating (intensive sports) and saunas/steam rooms for at least 5 days.
    - Sunbathing or tanning beds for at least 4 weeks.
    - Picking, scratching, or removing scabs — let them fall off naturally to prevent pigment loss or scarring.
  - Sleep on a clean pillowcase and try to avoid sleeping on your face to prevent pressure or friction.
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## Weeks 2 – 4

- The skin will continue to heal; light flaking or scabbing is normal. Do not remove flakes.
  - You may apply light make-up around the area once the skin is fully closed (if approved by your artist).
  - Always protect the brows from UV light — apply SPF during sun exposure to prevent fading or color change.
  - Avoid treatments like chemical peels, laser, or microneedling on the area for at least 4 weeks.
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## **Healing Process – What to Expect**

- The color will appear darker at first and gradually lighten to a more natural shade.
  - Complete skin healing typically takes 2 – 6 weeks, depending on your skin type and aftercare.
  - A touch-up session is usually recommended 4 – 6 weeks after the first procedure to perfect the color and shape.
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## **When to Seek Medical Advice**

Contact your artist or a doctor if you notice:

- Increasing redness, swelling, warmth, or pain in the treated area.
  - Yellow or green discharge or an unpleasant odor (possible infection).
  - Fever or general illness symptoms that cannot be explained.
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## **Hygiene & Safety Guidelines (Dutch GGD Requirements)**

- The studio must hold a valid GGD license and comply with NEN-EN 17169 hygiene standards for PMU and tattooing.
- All needles, pigment cups, and disposable materials must be sterile and single-use.
- Artists must wear gloves and disinfect work surfaces before and after each treatment.
- Pigments used must comply with EU and Dutch safety standards for permanent make-up.
- You should inform your artist beforehand about:
  - Use of medication (especially blood thinners),
  - Skin conditions, allergies, eczema, psoriasis,
  - Pregnancy or breastfeeding.