

## Nano Brow Patient Instructions

### Pre-Procedure Instructions:

1. Do NOT have Botox/ Dysport or filler for 6-8 weeks prior to procedure appointment.
2. All medications and doses need to be stable for 8 weeks prior to procedure.
3. Omega 3's/ fish oils need to be stopped (with doctor consent) 1 week prior to the day of the procedure.
4. Do not tan outdoors, use tanning beds or spray tan for 2 weeks prior to procedure.
5. Do not exfoliate the brow area for 24 hours prior and 7 days post procedure.
6. Do not tweeze/wax/thread brows for 3 days prior to procedure.
7. Please come in for the procedure with no makeup or moisturizer on your skin. (Makeup may be applied post-procedure (excluding brows).)
8. **Must take some type of Benadryl or antihistamine 1 hour before your appointment.**

### Post-Procedure Instructions:

Your brows will be healed within 7-10 days. Some individuals do experience minimal peeling/ scabbing. This is normal; however, we want to prevent this as much as possible. **Do NOT pick your scabs!**

### **Day of Procedure:**

- Immediately following your procedure blot the brow area with a wet cotton pad. We want to remove as much lymph as possible, so you do not scab. Blot the area every 30 minutes for the first 3 hours (total of 6 times).
- After blotting, apply a thin layer of ointment to the brows.
- After the 3-hour duration, wash your brows with the soap given to you. Very gently apply the soap with a Q-tip, then blot with a wet cotton round to remove the soap. Pat dry, then apply ointment.
- Apply ointment before bed.

### **Day 2:**

- Wash your brows one more time with soap as soon as you wake up. Very gently, apply the soap with a Q-tip, then blot with a wet cotton round to remove the soap. Pat the brows dry and apply a thin layer of ointment.

- Every 3 hours from the time you wake up and cleanse the brows, blot your brows with a wet cotton pad, then immediately apply a thin layer of ointment to keep the brows hydrated. Repeat every 3 hours until bedtime.

**Day 3-7:**

- It is important that you keep the brow area hydrated. The ointment will help your skin regenerate quicker. A thin layer of ointment goes a long way.
- It is recommended that you apply ointment 4 times/ day.
- If you experience scabbing or peeling, please take a wet cotton pad and hold it on the brow area for 1-1 ½ minutes, then apply ointment. This will loosen the scab and it will fall off on its own.
- It is normal to have some scabbing or peeling, and your brows may appear patchy.

**Avoid the following for 7-10 days:**

- Hot water and steam while showering.
- Submerging your face directly into water. Apply ointment before entering the shower to protect your brows.
- Brow makeup.
- Tanning beds, saunas or swimming pools.