

HAVEN

PERMANENT COSMETICS AND AESTHETICS

Preparation — Microblading Procedure

Please follow these preparation instructions to improve and prolong the results of your new brows.

Preparation before Appointment

- Avoid Alcohol or Caffeine 24 hours before the procedure
- Avoid Botox or fillers 2 weeks before or even after procedure
- Stop taking Blood thinners 7 days prior to procedure
- Do not take fish oil or Vitamin E 24 hours before procedure as well (these are natural blood Thinners)
- Avoid Aspirin or ibuprofen 24 hours before your procedure, they are blood thinners as well
- Avoid a tanning bed for about 1 week before
- Avoid working out the day of your procedure

+ If you have any questions or concerns, please feel free to call us.

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