HALO BROW HAUS

Brow Pre-Care

Proper preparation plays an important role in your comfort, healing, and long-term results. Please review the following guidelines before your appointment.

One Week Before

- Avoid applying retinoids (Retinol, Retin-A), exfoliating acids (AHA/BHA), benzoyl peroxide, or other active skincare products to the brow area.
- Avoid excessive sun exposure, tanning, or sunburn on the treatment area.
- Avoid waxing, threading, tinting, or other brow treatments immediately before your appointment.
- If possible, schedule Botox, fillers, chemical peels, laser treatments, and facials at least **2 weeks** before or after your appointment.

Two Days Before

- Avoid alcohol.
- Unless prescribed by your healthcare provider, avoid blood-thinning medications or supplements such as aspirin, ibuprofen, fish oil, and Vitamin E.

Appointment Day

- Arrive with clean skin and no makeup on the brow area.
- Eat a light meal before your appointment.
- If possible, reduce caffeine intake if you are sensitive, as it may increase bleeding or sensitivity for some individuals.
- Wear comfortable clothing and plan to relax during your appointment.

Brow Aftercare

Your healing process plays an important role in the appearance and longevity of your results. Following your aftercare instructions will help support optimal healing and pigment retention.

- Keep the treated area clean and follow the cleansing and aftercare routine provided by your artist.

- Avoid rubbing, scratching, or picking at any flaking or scabbing.
- Avoid prolonged soaking of the treated area, including swimming, hot tubs, saunas, steam rooms, and excessive sweating until the brows have fully healed.
- Avoid applying makeup, exfoliants, retinoids, or active skincare products directly to the treated area until healing is complete.
- Apply only the aftercare product provided or recommended by your artist, following the instructions given at your appointment.
- Once healed, protect your brows from excessive sun exposure to help maintain long-term pigment retention.

What to Expect During Healing

It is normal for your brows to appear darker immediately following your procedure. Mild redness, tenderness, dryness, itching, and flaking are also common during the healing process. As your skin heals, the color will gradually soften and settle into the final healed result over the following weeks.

Questions or Concerns

If you have any questions or concerns during the healing process, please contact Halo Brow Haus. If you believe you are experiencing a medical concern that requires medical attention, please contact your healthcare provider promptly.