

# Beauty by Sandra Spa

*Sandra Centeno*

## After Care

After Care is very important for producing a beautiful—and lasting—result.

- **Clean:** Clean hands and apply coconut oil. Do not wet your eyebrow or any procedure area.
- **Balm:** Apply aftercare balm with freshly washed fingers or Q-tips. If the balm is too stiff to use, simply warm it up in a glass of warm water or on your finger. Use the balm very sparingly. Too little is better than too much. Blot off excess with a clean tissue. Never touch the procedure area without washing your hands immediately before.
- **Crust:** Should it scab or be crusty, do not pick or peel off. Allow it to naturally flake off.
- **Makeup:** Do not use makeup on any procedure or near the tattooed area for at least 5 to 7 days.
- **Sun block:** Sun block should be used after the area has healed to protect from sun fading. Do not be exposed to a lot of sun until healed.
- Fibroblast plasma takes 6 to 7 days for the dots to fall off. Do not take it off. It will scar.
- 2 to 5 months the pink dots remain unless treated with cryotherapy (4 to 8 treatments), microneedling (2 days to 4 days redness). No sun for up to 6 months to any skin care procedure. Any 2 seconds of sun exposure can cause permanent pigmentation results. Clients with olive skin might get pigmentation results.
- Avoid sweat, workouts, or going to the sauna for 2 weeks.

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## What is Normal

Mild swelling, itching, light scabbing, light bruising, and dry tightness can be normal. Ice packs and aftercare balm provide relief.

- **Appearance:** Too dark/light or slight unevenness can occur. Darkness will fade within 2-3 weeks, and swelling will dissipate. Unevenness usually disappears.
  - **Touch up:** A touch-up appointment is strongly advised within 30 days of the procedure. If pigment still fades, a 6-month or 12-month procedure should be done again.
  - **Restrictions:** When showering, make sure water falls back and does not hit your eyebrows. Avoid sweat or saunas. Avoid close contact with pets or animals. Do not play with or touch the treated area, as it can lead to infection.
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## **Symptoms to Watch For**

Small irritations or discomfort the first seven days is normal. If you experience any of the following after the first seven days, these can be signs of infection:

- Rashes
- Redness
- Swelling
- Bruising
- Pus
- Fevers

Signs and symptoms of infection include, but are not limited to: redness, swelling, tenderness of the procedure site, red streaks going from the procedure site toward the heart, elevated body temperature, or purulent drainage from the procedure site.

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## **Seek Medical Care If You Notice**

- Red streaks going from the procedure site toward the heart
  - Elevated body temperature
  - Purulent drainage from the procedure site
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## **Additional Restrictions**

Physical activity restrictions include bathing, recreational water activities, gardening, or contact with animals. The duration of these restrictions depends on your healing process.

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