



Nano Brow Prep Guide

By H.D. Esthetics

To ensure you have the best experience and achieve stunning results, preparation is key.

Here's everything you need to know before your appointment:



Why Proper Preparation Matters

Nano brows are a semi-permanent makeup technique that uses a tattoo machine with a fine needle to mimic natural brow hairs. The procedure requires precision and care, and your skin's condition plays a significant role in how well the pigment sets and heals. Preparing properly ensures:

- ✓ *Better pigment retention.*
- ✓ *A smoother procedure.*
- ✓ *Optimal healed results.*



Pre-Appointment Skincare Guidelines

Your skin's condition directly affects the nano brow process.

Follow these tips to prepare:

- **Avoid Retinol and Exfoliants:** Stop using retinol, AHA/BHA acids, or exfoliating scrubs at least 20 days before your appointment. These can make your skin more sensitive.
- **Hydrate Your Skin:** Moisturize daily to keep your skin healthy and hydrated, but avoid applying heavy creams on the day of your appointment.
- **Skip Botox or Fillers:** Avoid facial injectables at least 4 weeks before your appointment, as they can alter your natural brow positioning.
- **Limit Sun Exposure:** Avoid tanning beds or prolonged sun exposure at least 1 week before. Sunburned skin cannot be treated.



Nano Brow Prep Guide

Before Your Appointment



What to Avoid Before Your Appointment

- **Caffeine and Alcohol:** Avoid coffee, energy drinks, or alcohol 24 hours before your appointment. These can thin your blood, increasing the risk of bleeding during the procedure.
- **Medications:** Avoid aspirin, ibuprofen, or blood-thinning medications unless prescribed by a doctor. If unsure, consult your physician.
- **Makeup on Your Brows:** Arrive with a clean face and no brow makeup. This allows your artist to assess your natural shape and hair pattern.



Plan Ahead for the Appointment Day

- **Arrive Well-Rested:** Being relaxed helps you stay comfortable during the procedure.
- **Dress Comfortably:** The session can last 2–3 hours, so wear something cozy.
- **Eat Before You Arrive:** Having a meal beforehand will help you stay energized throughout the session.

Trust the Process



Mental Preparation: Trust the Process

Nano brows are a highly detailed and artistic procedure, and every design is tailored to your unique features. We will map out your brows, taking into account your face shape, natural brow pattern, and preferences. Be open to their professional advice for the best results!



Aftercare Starts with Preparation

Preparing for your appointment also sets you up for proper aftercare. Here's what to expect post-procedure:

- **Healing Timeline:** Initial healing takes about 7–10 days, with full healing in about a month.
- **Aftercare Kit:** You'll receive instructions on how to care for your brows, including avoiding water, sweat, and makeup on the area for the first few days.
- **Follow-Up Appointment:** A touch-up 4–8 weeks after your first session ensures perfect, long-lasting results.



Final Thoughts

Preparing for your nano brow appointment is an important step in achieving the natural, beautiful brows you've been dreaming of. With proper care and a skilled artist, you'll enjoy stunning results that enhance your features effortlessly.