



Scalp Micropigmentation Aftercare

In general, you'll want to treat your scalp like an open wound after SMP treatment. A slight amount of swelling is typical for a fresh hair tattoo. For long lasting and optimum results, please follow these instructions.

Important Considerations

1. Do not touch the area with unwashed bare fingers as they may have bacteria and cause an infection.
2. Do not rub, scratch, pick any scabs or traumatize the procedure area while it is healing (pigment may be removed along with it).
3. Avoid swimming, chlorinated pools, saunas, steam rooms, or tanning beds for **30 days** after your final treatment.

Day 1 to Day 4

For the first 4 days following treatment:

- Allow to dry heal
- Use a **NEW** clean pillowcase
- Avoid touching, showering, or shaving the treated area
 - Avoid razor-shaving your scalp for at least 10 days, doing so can eliminate the SMP
- Avoid any physical activities that may cause excessive sweating
 - Excessive sweating could interrupt the healing process
- Do not scrub & shampoo
 - Scrubbing the scalp can break the skin and open wounds, and shampooing could introduce harsh chemicals
- Avoid direct sunlight for at least 10 days (you can wear a hat/baseball cap)
 - UV rays from the sun can cause sunburn and sun damage. This could lead to premature fading of the scalp pigmentation

Day 5 to Day 10

For days 5 to 10, your head should be looking much better and healing nicely. However, it is still healing. You'll want to make sure you're still keeping up with an aftercare routine. Day 5 after your initial session, you should:

- Wash your scalp gently with lukewarm/cool water and gentle soap
 - Go with something mild that is paraben and sulfate free
- Avoid tough cardio sessions (until day 10), but can resume with light workout
- Start shaving your head *carefully* with an electric shaver or foil-style shaver (no razor)
- Apply a fragrance-free moisturizer 2-3 times daily (or as needed) to prevent dry, flaky skin

Day 30

After 30 days you can resume your regular lifestyle:

- You can go swimming, use saunas, hot tubs. or steam rooms
- You can expose your scalp to direct sunlight BUT we recommend using a high-factor sunscreen, SPF 50+
 - Unprotected exposure to the sun may cause unnecessary and early fading
- Moisturize your scalp once a day at minimum