



How to Care for Your Scalp Micropigmentation (SMP)

Though rare, infection is possible. If you see signs of infection such as persistent increased redness or swelling, fever, drainage, or oozing, contact Karin at 772-200-4276 and your doctor immediately.

Congratulations on making this investment in yourself! One of the great things about SMP is that there is no down*time and minimal aftercare. Just follow these few simple rules to ensure the success of our procedure. If you have any questions, give me a call or text at 772-200-4276, and I'll be happy to help.

IMMEDIATELY FOLLOWING THE PROCEDURE: Apply ice packs as necessary to prevent or reduce swelling. Place Gauze between ice and skin. Every 30-45 minutes, blot the area with clean gauze to absorb any lymph fluid. An accumulation of lymph fluid will result in excessive scabbing and loss of color.

AFTER-CARE BY THE DAY...

DAYS 1-4: Avoid touching, showering, or shaving the treated area. Avoid any physical activities that may cause excessive sweating. Don't wet or wash your head. Avoid swimming, chlorinated pools, saunas, steam rooms, and tanning beds. Avoid razor shaving your scalp for at least 10 days.

DAYS 5 -7: Wash your head gently with cold water and gentle soap such as Aveeno Baby Shampoo. Apply moisturizer three times daily (with clean hands) to prevent dryness and flaky skin. Use a non-perfumed moisturizer such as Aveeno body moisturizer. For those with shaved heads, avoid growing hair too long. If you do need to shave your head, use an electric foil shaver only such as a Remington R5, as these are less likely to disturb your pigment. However, keep the shaver away from scabs that are still present on your head, and don't try to peel them away. No wet shaving with a razor blade for 10 days post each procedure session. You can perform activities from which you sweat lightly. Lifting moderate weights is OK, but avoid tough cardio sessions.

DAY 7 AND ONWARD: At this point, you can resume your showering sessions and get back to your usual schedule. There won't be any issues with the water temperature or with the type of shampoo when you wash your scalp. This is the time when you might consider using a razor blade to shave your head. However, avoid using it if there are still healing scabs on the skin. You can now get back to your usual routine at the gym and sweat as much as you would like.

DAY 30 (AFTER ALL SESSIONS ARE COMPLETE): Swimming, saunas, and tanning booths are now permitted. A quality non-greasy 30 to 50 SPF sunscreen is highly recommended. Moisturize daily with light moisturizing cream.

ABSOLUTE NO-NOS

- 🚫 Do not pick, peel or pull on the skin.
- 🚫 Avoid sweating such as from vigorous exercise for at least 1 week.
- 🚫 Excessive sweating can cause loss of pigment or blurring.
- 🚫 Do not use peroxide or Neosporin on treated areas.
- 🚫 Do not expose area to direct sun or to tanning beds.
- 🚫 Avoid exposing the area excessive moisture or humidity, such as: facials, swimming, whirlpools (hot tubs), saunas, steam rooms, and steamy showers.
- 🚫 Avoid Retin-A, moisturizers, glycolic acids, exfoliants, and anti-aging products at all times (not just during healing) on all micropigmented areas. These can cause pigments to fade and lighten prematurely.
- 🚫 Avoid tanning beds, sun, chlorine spas, and pools, soap, and chemicals (including skin cleansers, makeup removers, alpha hydroxyl creams, and tooth whitening toothpaste) near the treated area until healed.

DON'T BE A STRANGER - Pigments will slowly fade over time according to one's metabolism, skin type, sun exposure, medication, lifestyle, smoking, etc. A color boost is recommended to keep your color looking fresh.

QUESTIONS OR CONCERNS? Email [Hello@MojoMasterFL.com](mailto>Hello@MojoMasterFL.com) / call or text 772-200-4276.