

# FREQUENTLY ASKED QUESTIONS

## WHAT PIGMENTS DO YOU USE?

Medical grade pigments which contain only natural ingredients are used. The pigment does not contain any heavy metals like tattoo inks; therefore it will never change its colour and will only fade gradually lighter over time.

## WHAT COLOURS ARE YOUR PIGMENTS?

There are 10 shades of pigment, from Light Grey to Black. For the best results, clients' hair colour must be Light Grey to Black, or Dark Brown.

## WHAT TYPE OF MACHINE DO YOU USE?

The most advanced Permanent Make-up machine available is used, along with micro-needles which create dots the size of 1 hair follicle.

## HOW MANY SESSIONS WILL I NEED UNTIL MY SMP IS COMPLETE?

You can expect to need 3 - 4 sessions, waiting at least 2 weeks between each, until your SMP is complete. However, this depends solely upon the individuals' skin type and on rare occasions more sessions can be needed. All sessions are included in the Total price quoted.

## WHY DO I HAVE TO WAIT 2 WEEKS BETWEEN EVERY SESSION?

It is of utmost importance that you wait at least 2 weeks between every session. The skin needs time to heal and the pigment needs time to settle to its natural shade. Adding too many layers of pigment too soon will not create the best and most natural result for you.

## HOW LONG WILL EACH SESSION TAKE?

The length of your sessions will depend upon the size of the area that is being covered. Typically 3 - 4 hours are needed, but you will be given a more exact time frame during your Consultation.

## HOW LONG WILL MY SCALP MICROPIGMENTATION LAST FOR?

The pigment will last for 3 - 5 years. This will vary from person to person and the longevity of the

pigment will depend on factors such as; skin type, skin condition, age, health, diet, environmental factors, and amount of exposure to the sun or sun beds.

## WILL I NEED TO HAVE TOP-UPS DONE?

Once the shade of the pigment starts to fade and look lighter than your natural stubble, you will need to have a top-up session done to bring back its intensity. It is recommended that you have one done every 12 - 18 months.

## HOW DO I GET A SHAVED "BUZZ" LOOK?

To get the most natural look from your SMP, it is recommended that you keep your hair shaved to a grade Zero (flat to the skin). Even though the layers of pigment help to create a 3D illusion, it is still placed flat on your skin and there is no actual depth to it. Therefore, if you keep your natural stubble shaved to the same level, your SMP will blend smoothly and look very natural. Some clients may be able to get away with having a few days of growth on their stubble before seeing the join between your stubble and the pigment. But, this will depend completely on the size and area of your hair loss.

## WHAT TYPE OF SHAVER DO YOU RECOMMEND?

A 3 or 5 Rotary Blade Electric Face Shaver is the most suitable type of shaver to use once you have had SMP done. Even though a wet shave with a razor blade gives you a closer finish; it is much easier to cut your skin, more time consuming and can also cause the scalp to become shiny.

## HOW CAN YOU MAKE MY THINNING HAIR LOOK THICKER AND FULLER?

Using a pigment shade that matches your natural hair colour, dots are placed very close together on the scalp to create density. By camouflaging the scalp in these thinning areas your hair will appear to look thicker and fuller.

## WILL MY RESULTS LOOK THE SAME AS WHEN I WEAR HAIR FIBRES / CONCEALERS?

Nowadays, it is very common for males and females to use thickening hair fibres and concealers to disguise their scalp and give the look of fuller hair. But this is only a temporary solution, leaving you feeling self-conscious and anxious in case it can be seen. The upkeep of this can also be very timely and expensive. Your SMP results will be very similar to the look that you get from using these fibres and concealers, although not as dense. However, it is a much easier solution that will last a lot longer.

## I HAVE ALOPECIA; CAN I HAVE THE TREATMENT DONE?

Yes, whether you have Alopecia Areata or Totalis, Scalp Micropigmentation is the perfect treatment for camouflaging your Alopecia.

## CAN YOU COVER THE SCARS FROM MY HAIR TRANSPLANT?

Whether you have a shaved head or longer hair, Scalp Micropigmentation can be used to camouflage scars from FUE and FUT Hair Transplant procedures. Scars must be fully healed before the treatment can begin.

## IS THE TREATMENT PAINFUL?

Everybody's skin is different and the discomfort felt will vary from person to person. The majority of clients find the treatment bearable. If you can relax your mind and body during your sessions, you will feel less pain. But if the procedure does become too uncomfortable for you, then an anaesthetic numbing cream can be applied. You can also take x2 Paracetamol or Ibuprofen 1 hour before your treatment.

## WILL MY HEAD BE RED AFTER MY TREATMENT?

Your head will be red after each session and this will settle down within 2 - 3 days. The degree of redness visible will depend on the sensitivity and colour of your skin. You should not be in any discomfort after the treatment has finished.

## WILL THERE BE ANY SCABBING?

After your treatment the ink on the surface of the skin will dry and form micro scabs. These very small scabs will fall away naturally when you wash in 7 days.

## WHAT SHOULD I WEAR TO MY TREATMENT?

You will be sat down for the whole of your treatment, so it is advised that you wear comfortable and loose clothing and shoes. You may also want to bring a cap or hat with you to wear when you leave the Clinic.

## WHO CANNOT HAVE SCALP MICROPIGMENTATION DONE?

Unfortunately you are unable to have SMP done if you suffer from; Systemic Lupus Erythematosus, Keloid or Hypertrophic scars, TB, Tumours, Growths, Cysts, Alcohol or Drug Addiction, are HIV Positive, are pregnant, nursing, or undergoing Chemotherapy or Radiotherapy.

### **WILL MY SMP BE NOTICEABLE TO PEOPLE; WORK COLLEAGUES, FAMILY AND FRIENDS?**

The beauty of SMP is that it gives you instant and natural looking results. You will be amazed at how the majority of your close friends and family will not notice that you have had the treatment done. If you decide to tell them, they will be overwhelmed at how natural and realistic your results look.

### **WHAT MAKES A GOOD RESULT?**

Scalp Micropigmentation creates a natural and realistic illusion of hair or stubble. Your hairline will be soft, feathered and compliment the angles of your facial features. The dots will be the size of one hair follicle and the layers will work together to give a 3D illusion.

### **WHAT MAKES A BAD RESULT?**

Scalp Micropigmentation can look un-natural and noticeable to others if the hairline is very sharp, straight or too low on the forehead. Also, if the shape of the hairline is not in line with your facial features and if the pigment shade is too light or too dark.

### **WHAT CAN I EXPECT DURING MY CONSULTATION?**

- The Scalp Micropigmentation treatment will be discussed in more detail, covering answers to any questions or concerns that you may have.
- You will have a look through Helena's portfolio of results so that you can be confident in her skills. Scalp Micropigmentation is an art, and it is important that you see every Technician's individual work.
- You will look through images of hairlines together, identifying which shape and density would be the most natural look for you.
- The shape of your new hairline will be drawn on, using your facial features as guidelines. If you are unsure about how you want your new hairline to be, you can explore different options, taking photographs of each. You can then look through the photographs at home and take your time to make your decision.
- The condition of the skin on your scalp will be checked and you will be told if a moisturising regime or medical advice is needed before your treatment starts. The skin needs to be in a healthy condition for you to get the best and most long lasting results.
- A small test patch will be done on your scalp with the pigment. You can either opt to have the pigment placed onto your skin, or to have a few dots placed into your skin with the Micropigmentation technique. The dots will be

positioned discreetly between your natural stubble and hair. This will be to test the shade of the pigment and for you to see how the treatment feels before going ahead.

### **WHAT ARE THE PRE-TREATMENT INSTRUCTIONS?**

Ensure that you have read and fully understand the Pre-Treatment Instructions given to you:

- Wash your scalp and hair Before every session with Shampoo / Soap.
- Ensure that your hair has fully dried before every treatment session.
- Do NOT use any type of solution or product on your scalp 48 hours prior to every treatment session. This includes, Minoxidil, topical solutions, oils, styling aids, hair dyes, fake tan and gradual fake tan builder.
- Do NOT take Aspirin, Blood Thinning Medication, Drugs, or Alcohol 48 hours prior to every treatment session. You should consult your doctor before stopping any medication.
- You will be advised if you need to shave or cut your hair before your sessions.
- During your Consultation, the condition of the skin of your scalp will be checked. You will be advised if a moisturising regime or medical advice is needed before your treatment starts. You MUST follow advice and instructions given before your treatments can begin.
- The condition of your scalp MUST be in a healthy condition before starting.
- During your Consultation, a small Test Patch will be done on your scalp with the Pigment. You MUST notify Helena Immediately if you have any allergic reaction.
- You should seek Medical advice from your Doctor if you have any doubt as to whether the Scalp Micropigmentation procedure is suitable for you.

### **WHAT ARE THE AFTERCARE INSTRUCTIONS FOR THE FIRST 7 DAYS?**

It is very important that you follow the below Aftercare instructions as closely as possible after every session. Following these guidelines for the First 7 Days will help to promote good healing, prevent the risk of infection and reduce fading of the pigment.

- It is normal for the area to be red for 2 - 3 days after each treatment session.
- The pigment of each dot will dry and form micro scabs. These small dots will fall away naturally.
- Try not to touch the affected area. If you do need to touch, then you must wash your hands in warm

water and liquid soap, drying them thoroughly with a clean towel or paper towel. This should remove most germs and prevent them being transferred to the affected area.

- Do Not wash your scalp with Water, Shampoo, Soap, Face Wash or any other products.
- Use only a warm, damp towel or baby wipe to softly clean you scalp. Use light pressure to dab the skin, do not rub.
- Do Not use any type of solution or product on your scalp. This includes, but not limited to, Minoxidil, topical solutions, oils, styling aids, hair dyes, fake tan or gradual tan builder.
- Do Not shave the affected area. You can shave the areas around that have not been worked.
- Keep your scalp protected from the sun by wearing a cap, hat or bandana.
- Avoid any activity that will make you perspire excessively.
- Do Not use a swimming pool, sauna, steam room, sun bed, or swim in the sea.
- If you experience itchiness or dryness, you can apply a thin layer of Vaseline over the area to help relieve the discomfort. Lightly apply and gently blotch excess off with a clean paper towel.
- Please be aware that applying too much Vaseline will prevent air from getting to the treated area, which can slow down the healing process and possibly lead to an infection. This can cause the pigment to either fade or come away completely.

### **WHAT ARE THE AFTER CARE INSTRUCTIONS FOR THE FUTURE?**

- Do not use a sun bed, sauna or steam room until 7 days after your FINAL Scalp Micropigmentation session.
- Always protect you scalp when using a sun bed by covering it with a towel or wearing a hat.
- Always protect your scalp from the sun by using a high factor sunscreen or wearing a hat.

### **CAN I USE THE SUN BED, FAKE TAN OR GRADUAL TAN ON MY SCALP BEFORE, DURING AND AFTER MY TREATMENT?**

Do Not use the sun bed, fake tan or gradual tan builder on the scalp before or during your treatment. You must wait for 7 days after your Final session until you start to use these products again.

Scalp Micropigmentation cannot be carried out if you have recently tanned your skin as it is very difficult to match the shade of pigment and density correctly. You will need to wait for your tan to fade and for your skin to return to its natural colour before starting your treatment.



**HOW MUCH DOES SCALP MICROPIGMENTATION COST?**

The Cost of your SMP treatment will depend upon the area of coverage needed.

The Norwood Scale is used to determine your hair loss type and the time that will be needed to complete each session. The Starting Price for Norwood Type 1 is £500, increasing gradually to £2000 for Norwood Type 7.

The price to camouflage Scars will depend on the size and type of your scar.

**WHAT GUARANTEE DO YOU OFFER?**

6 months Guarantee is offered. If any fading occurs during the first 6 months after your treatment, then this area will be topped up for you free of charge. However, this does not include changes that you wish to make once your SMP has been complete, e.g. darker shade, change to hair line. These changes will incur an extra charge.

**HOW MUCH DO YOUR TOP-UPS OR CHANGES TO SMP COST?**

As the pigment will fade slowly over the years, top-up sessions will be needed. Also, once you are used to seeing your SMP, you may choose to make further changes to it in the future. These sessions will be charged at £100 per hour.

**DO YOU OFFER A PAYMENT PLAN?**

Once your deposit is paid, you have the option of spreading the remaining cost over your 1st, 2nd and 3rd treatments; paying equal amounts on each.

**WHAT PAYMENT METHODS DO YOU ACCEPT?**

Cash, Debit Card, Credit Card (excluding AMEX) and Bank Transfers are all accepted.

