



SMP Aftercare Instructions

- Do not wash your scalp for the first 72 hours (3 days).
- After 72 hours, gently shampoo the scalp.
- Apply a light layer of A and D ointment morning and night for 5 days or until fully healed.
- Avoid sweating, workouts, saunas, and steam for 3–4 days.
- Do not touch, scratch, or pick the treated area.
- Avoid direct sun exposure for 7 days. Wear a loose hat if needed.
- No swimming (pools, ocean, hot tubs) for 7–10 days.
- Do not apply other products unless instructed by your practitioner.
- Sleep on a clean pillowcase and avoid friction on the scalp.
- Redness or dryness is normal and will fade.
- Pigment will appear darker at first and soften as it heals.

For best results, follow all aftercare instructions carefully. If you have questions or concerns, contact The Scalp Lab.