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## **Before/After Procedure Instructions**

### **Before:**

- Only if directed, shave your head with a buzzer at least 3 days before the procedure, and moisturize it 2-3 times per day.
- 2 days before your procedure, you must not consume anything that will cause you to bleed more (inc. alcohol, caffeine, energy drinks, aspirin, ibuprofen, etc) & keep your scalp protected from the sun.
- 24 hours before surgery get a good night's sleep, hydrate to prepare for the procedure, and exfoliate your scalp.
- On the day of your procedure, wash your scalp with a gentle shampoo, moisturize and do not use any hair products (oils, powders, hairspray, gel, etc).
- Do not shave your head the day of the procedure. It is imperative that we are able to see the hair follicles so that we can blend them.

### **After:**

- Do not expose your head to water, sweat or sun. Avoid activities such as swimming, showering, and exercising.
- 4 days after the procedure, you can wash your head with a mild shampoo.
- While your scalp heals it will itch. Avoid scratching, peeling and picking your scalp, so that it will heal on its own and the ink is not removed.
- You may experience minor flaking during the healing process, and your scalp may be darker than usual.
- Stay out of the sun for at least a month after the procedure. If unavoidable, apply sunscreen and cover your scalp.
- Be sure to keep the area moisturized.
- Do not tan the area or it will fade the pigment.
- After one month return to Scalp Micro Arts for your 2nd session of SMP
- Depending on your skin and lifestyle, the ink should last about five years.