



## SCALP MICRO PIGMENTATION (SMP) PRE-AND POST TREATMENT GUIDANCE

### PRE-TREATMENT GUIDANCE

- Avoid drinking coffee and alcohol 24 hours before treatment.
- Avoid taking ibuprofens and aspirin 24 hours before treatment.
- You must be in good health on the day of the treatment.
- Please eat before your procedure and make sure you are hydrated.
- A treatment can take anything up to 4 hours, try and use the toilet before.
- If you have no hairline, think about how you want your new hairline to look. Your technician will discuss and agree a new hairline with you prior to the procedure.
- For your initial consultation, it may be agreed to attend the clinic with the shave grade (0), which will save time for the technician although hair can be shaved by the technician prior to your procedure.

### AFTER TREATMENT HEALING-

After the procedure, there may be redness around the treated area, which is normal and should subside quickly. If the treated area weeps gently blot the area with clean paper towel. Do not wipe or wrap. To support clean and quick healing, good after-care is vital, so please follow our guidance and advice. Do not use the gym, sweat or use a pool, sauna or Jacuzzi.

### POST TREATMENT ADVICE

Once your first treatment has been completed, you will want to get back to normal life as fast as possible.

The four day healing rules-

#### DAYS 1-4 AFTER TREATMENT

Do not wash, shower or shave the treated area and protect from rain.

Do not swim for 30 days after your final treatment.

If you wish to wear a hat, avoid woolly beanie type hats although a cotton cap is fine.

#### DAY 4 AFTER TREATMENT

You can shave your head with a foil type shaver if required, do not use a razor.

You can sweat lightly and use the gym for exercise.

#### DAY 5 AND 7 AFTER TREATMENT

Gently wash head with warm water (no shampoo) do not soak underwater bathing.

Moisturise your head three times per day until next treatment. If you wish to use an anti-shine moisturiser, milk of magnesia lotion has great reviews, alternatively a fragrance free lotion which is hypoallergenic. Moisturising your scalp will soften the skin and help with the next treatment.

#### DAY 10 AND AFTER

A razor blade can be used to shave your head if required.

You can now take part in exercise and sweat.

Sun exposure will lighten the pigment, therefore consider using the sunblock SPF 30 to 50 or greater or wear a hat to keep your head protected from UV rays.

Spray tan and can be used 30 days after your treatment.

Please note: if you think your treatment may be infected or your concern that there isn't healing properly, please contact your doctor.