

Aftercare Procedure For SMP

Step-by-step care for your Scalp Micropigmentation procedure

For the first four days following your procedure do not:

- Touch your scalp (unless absolutely necessary)
- Wear a cap, hat, helmet or any headwear
- Expose your head to any sunlight
- Do not sweat excessively
- Wash your scalp
- Shave your scalp
- Swim
- Sweat

Once this initial period of four days is over, for the next fortnight, please ensure that you:

- Wash your scalp daily with water only
- Moisturise your scalp daily with a gentle moisturiser that is free from alcohol (Palmer's Cocoa Butter is a good choice)
- Shave your head gently with care not to be abrasive
- Apply SPF 30+ sunscreen to your scalp if it will be exposed to strong sunlight
- Do not swim without wearing a swimming cap
- Do not sweat excessively
- Do not itch, pick, scratch or rub your scalp

When a fortnight has passed since your last Scalp Micropigmentation session, it is important that you continue to:

- Wash and moisturise your scalp daily
- Take care when shaving your scalp
- Apply strong sunscreen on days you know your scalp will be exposed to strong sunlight

Please remember that the colour of your Scalp Micropigmentation procedure will appear darker in the first couple of weeks following the treatment, and the true shade will not be visible until at least the first week following your last session. During the healing process, the colour may seem to have faded as it is obscured by the healing skin. Under no circumstances should you have further permanent cosmetic work undertaken during the four-week period.

In order to keep your Scalp Micropigmentation work in good condition it may be necessary to have a maintenance procedure around every three to five years, though this will vary for each individual. The cost of this procedure is roughly a quarter of the original procedure (providing your initial procedure was performed by SMP Scotland. Please contact me on smpscotland@phoenixtattoo.co.uk if you require any further information.