

A Nu Reflection

SCALP MICROPIGMENTATION AFTERCARE INSTRUCTIONS

Aftercare tips in the days following your session

In general, you'll want to treat your scalp like an open wound after SMP treatment. Meaning, avoid getting it wet and keep it clean. No chlorinated pools, saunas, steam rooms, or tanning beds for 28 days after your final treatment. This will ensure a good, long-lasting result.

Day 0 to Day 5

For the first 5 days following treatment, you should avoid the following:

- Sweating heavily – Try not to engage in any intense exercise for 5 days following treatment. Excessive sweating could interrupt the healing process
- Scrubbing and shampooing – Scrubbing the scalp can break the skin and open wounds, and shampooing could introduce harsh chemicals.
- Shaving – Avoid shaving and irritating the area while it's healing.
- Exposure to long-term sunlight – UV rays from the sun can cause sunburn and sun damage. This could lead to premature fading of the scalp pigmentation.
- Touching with hands – Refrain from touching your scalp with your hands too much. You could introduce bacteria and increase the risk of infection.

During the first 5 days, make sure you're drinking plenty of water and taking any medication as prescribed. You can lightly rinse the scalp while it's healing and dab the area with a wet cloth to keep it clean. Do not soak the scalp. You may also wear a hat or skullcap and sleep any way that's comfortable for you.

Day 5 to Day 10

For days 5 to 10, your head should be looking much better and healing nicely. However, it is still healing. You'll want to make sure you're still keeping up with an aftercare routine. For the next 5 days, you should still avoid the following:

- Scratching the scalp – As with tattoos, the skin on your scalp may begin to peel during these next few days. It's important that you avoid scratching or picking any scabs that may form.
- Shampooing or exfoliating – Shampoo and exfoliants can disrupt the formation of new skin layers during healing.
- Using self tanners or skin irritants – While your scalp is healing, avoid irritants that could cause inflammation and disturb the healing process.

What you can do is carefully shave or cut your hair if needed. You should also continue rinsing lightly with water and soap to clean the area. For women and men who have had a density treatment only use a sulfate free shampoo (avoid baby shampoo as it will dry out your scalp). Applying a moisturizer will also help the healing stage during this time (if you had a male or female density treatment you will most likely not want to put moisturizer on your head). Make sure any moisturizer used is fragrance free. You can also resume working out with light exercise.

Day 10 and onward

After 10 days, your scalp should be healed enough to return to your normal routine. You may be scheduled for your next treatment session after 10 days. However, your next treatment date will depend on how it has healed so far. Before your next follow-up session, you'll be requested to wash your head.

- Exposure to long-term sunlight – You shouldn't go out in the sun for long periods of time for up to 30 days since your last micropigmentation procedure. Sunlight contains dangerous UV rays that can interfere with the healing process of your scalp. Wear a loosely fitted clean hat if you go out in bright sunlight to protect your scalp and let the natural pigments do their job.
- Avoid swimming – Another thing you should remember is to avoid swimming in pools, lakes, seas or rivers. Swimming can expose your scalp to salty water or chlorine and this can ruin the results of your micropigmentation procedure. You are not allowed to swim for up to 30 days since your last procedure.

After a month (30 days) you can do pretty much anything you want, provided that you don't have any upcoming micropigmentation sessions. You can go swimming, you can go out during sunny days and resume your regular lifestyle. However, make sure that you use non-greasy sunscreen if you go out during a very hot summer day. You can also wear a light-colored hat to protect your scalp from dangerous UV rays.