

# SCALP MICROPIGMENTATION (SMP)

## Pre-Care:

### Men:

- ✓ Buzz on a one guard or razor so that the hair is shortest.
- ✓ Wash scalp thoroughly before visit, hair washing can continue after 3 days.

### Women:

- ✓ Wash hair thoroughly before visit, washing can continue after 3 days.
- ✓ After Scalp Micropigmentation (SMP) treatment, you should treat your scalp like an open wound.
- ✓ This means you should avoid getting it wet and keep it clean.

## After Care:

### You should also avoid:

- ✓ Shaving with a normal blade for 15 days.
- ✓ Direct Sunlight for 30 days.
- ✓ Saunas, tanning beds, Chlorinated pools, and steam rooms for at minimum a month.
- ✓ Excessive sweating
- ✓ Using hair care products that contain alcohol.
- ✓ No blow drying with **heat for 3 days minimum.**

You can lightly rinse the scalp while it's healing and dab the area with a wet cloth. You can also wear a hat or skullcap. To preserve the color of pigments and prevent them fading, you can apply sunscreen to scalp with an SPF of 30-50.

## Question:

How long does **SMP** take to heal?

Scalp micropigmentation (SMP) takes about 7 days to heal and settle in between sessions, you should return for a touchup after 2 weeks. After the third session, it can take 2 weeks for the scalp to heal and the color to fully settle. The results of SMP are immediate, but darker until it has had time to settle, and you have washed off the pigment, approximately 5-7 days. The healing process of SMP is as follows:

- ✓ A tiny wound is created in the skin when each microdot of pigment is applied.
- ✓ It looks like flaking.
- ✓ A scab heals over the wound, and eventually falls away.
- ✓ The scabbing process typically is 5 to 7 days, but for some it can last up to 10 days. For the first few days, the area of treatment may appear red. Redness and irritation are normal for about a week.

Call if you have any questions that may have not been covered, we will make ourselves available to answer any questions you may have.

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Date \_\_\_\_\_