

SCALP MICROPIGMENTATION: AFTER CARE

General:

- Do not expose treated area to sun or a tanning booth, for 2 days.
- Absolutely no Neosporin, no cleansing creams, makeup or chemicals may be applied to the pigmented, treated areas for the first 3 days.
- No hot, steamy, full pressure showers, saunas, excessive sweating, Jacuzzis or swimming in chlorinated pools. These things can hinder the color bonding process.
- No Retin-A, bleaching creams, glycolic acids, fruit acids or AHA acids on the treated area.
- If crust appears on the procedure area, do not pick or peel the crust off because color will be removed along with the crust. Do not touch the procedure area with fingers as the fingers could transmit bacteria onto the area and lead to infection. This could ultimately incur some additional expenses to you.
- Don't sleep on a nice pillowcase for the first 2 nights. Ointment and pigment can get on it.
- After 7 days you may apply makeup.
- If you are a blood donor you cannot give blood for 1 year. Following your procedure (Per American Red Cross.)

Scalp Micropigmentation

DAY 1-4

- First of all, relax. You've probably been building up to your first session, and pre-treatment anxiety is common. Now is the perfect time to take a deep breath.
- You should try to avoid any physical effort which might make you sweat. Don't wash your head or get water on it. The desire to wash your scalp may be strong, but for the first three days you should resist the temptation.

DAY 5-6

- You can consider shaving your head at this point. Use an electric foil shaver as these are less likely to disturb your pigments. However, keep the shaver away from scabs that are still present on your head and don't try to peel them away.
- Now is also a good time to get some water on your head. A light shower will do the trick but avoid shampoo.
- You can also moisture your head and you can perform activities from which you sweat lightly. Lift some weights at a low pace but avoid tough cardio sessions.

DAY 7 ONWARDS

- At this point, you can resume your showering sessions and get back to your usual schedule. There won't be any issues with the water or with the shampoo when you wash your scalp.
- This is the time when you might consider using a razor blade to shave your head. However, avoid using it if there are still healing scabs on the skin.
- If you're itching to get back to the gym, you can now get back to your usual routine and sweat as much as you'd like.

DAY 30 (AFTER ALL SESSIONS ARE COMPLETE)

- Fake tan, saunas and swimming pools are fine from here on.
- If you live in a warm, sunny climate, take adequate precautions. A quality non-greasy sunscreen is best.
- Moisturize daily with a light moisturizing cream.
- Although not compulsory, I recommend taking measures to avoid head shine.