

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.

After the First 4 Hours

After 4 hours from your treatment, you should wash your head to get all of the residual ink off of your scalp. Use cool or lukewarm water (the cooler the better, hot water is bad). You could use a very mild soap with no harsh chemicals if needed. When you are finished washing the hair blow-dry your hair with the blow dryer on COOL. Do NOT use HOT air.

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.
- 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. If for some reason your scalp or hair get wet, dry the hair with the blow dryer on COOL. Do NOT use HOT air. Do not soak the scalp. You may also loosely wear a clean hat or headwrap and sleep any way that's comfortable for you, but do not wear it if you get hot or sweaty.

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.
- Heavy Shampooing or exfoliating – Shampoo and exfoliants can disrupt the formation of new skin layers during healing. If you need to clean your hair use a sulfate-free shampoo (avoid baby shampoo as it will dry out your scalp).
- 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 cut your hair if needed. 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 for 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, it is sometimes suggested that you wear a light-colored hat to protect your scalp from dangerous UV rays.