# AFTER-CARE GUIDE

## for post Scalp Micropigmentation Procedure

*You should strictly follow the aftercare guide for a good result*

## Day 1-4
*Looks darker*

### Let it dry heal

**Do not touch with unwashed hands or scratch your scalp to avoid infection.**

**Do not wash your scalp no matter how much you want to. If you want to take body shower you can use cold (not steamed) water without touching the scalp**

**Avoid longer direct sunlight exposure. UV rays can be harmful and certainly can promote fading.**

**Avoid wearing hats which could make you sweat(Sweating during healing is more harmful than the sun rays)**

Starting from Day 2 micro scabs start to be formed and the impressions might appear darker. in reality it is the micro scabs that is formed because of the trauma caused to the scalp skin that makes it look darker and sharper. when all the scabs fall off in the next few days the impressions will look softer.

The scalp might look red after the session and may be for the next two days. at Day 3 the redness should subside or decrease.

## Day 5-7
*Flaky skin all over*

### Moisturize

On day 5. you can wash your head with warm water and any soap or shampoo When you wash your scalp you may see some dark dry scabs with an ink falling off in your hands. those are the micro scabs formed in response to the micro needling. that is completely normal.

Starting from Day 6 the pierced upper skin layer may peel away and leave whitish dead skin residue and also can be itchy that is completely normal. Moisturise morning and night with non-perfumed moisturizers like glycerine or pure Coconut oil.

You can use electric trimmer to trim your hair. Avoid razor shaving AVOID making any contact with scabs if they are still present.

When it heals it may look patchy, uneven, dotty, some areas a little darker than others that is totally normal. Don't Panic! it will get better with your next session.

Do not go to gyms or do any kind of workout that can cause profuse sweating until day 7.

**DO NOT PANIC**
Some of the impressions( as much as 40% depending on your immune system response) could have faded when the first session heals. Don't worry that is completely normal and will be corrected in your next session.

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Before Scalp Micropigmentation

Immediately after the first session

Healed(14 days after the first session) some impressions missing, some looking darker, some lighter

Second session (all will be corrected)

## Day 7-14
*Looks like faded*

### Moisturize and Scrub

Wash your head often when you wash your head use a shower cloth in a circular motion to scrub and exfoliate the scalp skin. Having a clean scalp is important for your next session. you should not fear of fading as the ink is already settled under the skin by day 7. it is the micro scabs that are falling not the ink

Having a clean scalp without dead (flaky) skin for your upcoming session is important for great results. if the scalp is not clean we may cancel or reschedule your next session. so don't forget to scrub your head properly

Trim your hair regularly better you have a trimmer at home than going to a barbershop every 2 or 3 days.

Avoid swimming, saunas and steam. Dry sauna's makes you sweat a lot. steam rooms expose you to excessive moisture and Swimming (salt/chlorine water) can leach an ink from the SMP. avoid them at all costs

**i** Don't grow your hair out longer since SMP is 2D (which is an ink inside the skin) but a hair when it grows out longer looks 3D so it might look weird and can have a painted shadow look and also may hide the work that is done to the scalp.

## Long term aftercare

### Avoid sunbath
*Looks natural*

For 30 days, avoid swimming, saunas, and steam rooms.

Avoid longer sun exposure better to apply sunscreen before going out. Use sunscreen with at least SPF 50+

**0% ALCOHOL FREE** Avoid applying hair products that use a high amount of alcohol on your scalp to prevent excessive skin dryness.

For any questions and support email us.

Remember SMP might look darker in the first few weeks after the procedure but it will soften and the impressions will blur over time and resembles the existing hair follicles when it fully heals.the ink deposited on the epidermis will shed when the five layers (each with a thickness of a hair strand) of the epidermis sheds (each layer per week). the smaller follicle like ink impressions deposited on the upper dermis( Papilary layer) should remain under