

# Nico's SMP and Hair Studio

## SCALP MICROPIGMENTATION AFTERCARE

Failure to follow these instructions may result in pigment color loss.

Please **DO NOT** hesitate to contact me at **(540) 221-2549** with any questions regarding the instructions.

### IMPORTANT CONSIDERATIONS

1. **DO NOT** touch the area with unwashed bare fingers as they may have bacteria and cause an infection.
2. **DO NOT** rub, scratch, pick any scabs or traumatize the procedure area while it is healing (pigment may be removed along with the crusting tissue).
3. **DO NOT** color your hair. Treat area out of the SUN.

### DAY 1 - 4

- Use a **NEW** clean pillowcase.
- **Avoid** touching, showering, or shaving the treated area.
- **Avoid** any physical activities that may cause excessive sweating.
- **DO NOT** wash your head or get water on it. The desire to wash your scalp may be strong, but for the first four (4) days you should resist the temptation.
- **Avoid** swimming, chlorinated pools, ocean water (salt), lakes, steam water (creeks), saunas, steam rooms, and tanning beds after 30 days of treatment.
- **Avoid** razor-shaving your scalp for at least 10 days.
- **DAY 2:** Apply moisturizer **three times daily** (with clean hands) to prevent dryness and flaky skin. We recommend using a non-perfumed moisturizer such as **Cocoa Butter Moisturizer**.

### DAY 5 - 7

- Wash your head gently with cold water and gentle soap such as Aveeno Baby Shampoo or any Baby Shampoo.
- For those with shaved heads, **avoid** growing hair too long. If you do need to shave your head, we advise using an electric foil shaver only 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. **NO** wet shaving with a razor blade.

# Nico's MD and Hair Studio

## DAY 10

- 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 temperature or with the type of 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.
- You can now get back to your usual routine at the gym and sweat as much as you like.

## DAY 30 (AFTER ALL SESSIONS ARE COMPLETED):

- Swimming, saunas, and tanning booths are NOW permitted.
- A quality non-greasy 30 to 50 SPF sunscreen is **HIGHLY RECOMMENDED**.
- Moisturize daily with light moisturizing cream.

## SIGNS AND SYMPTOMS OF INFECTION

- **Swelling:** A slight amount of swelling is typical for a fresh hair tattoo. If swelling becomes excessive and uncomfortable and you feel the pain radiating beyond the site of the tattoo, then this is a sign of infection.
- **Fever:** Fever is a symptom of an underlying condition, which is most often an infection. Please contact a medical provider if you think you may have a possible infection.
- Please contact a licensed physician immediately if any of these signs and symptoms occur.