

# Scalp Micropigmentation Aftercare

## AGREEMENT

- Avoid participating in any strenuous activity for four (4) days. Sweat will cause ink to draw out during the healing process. Activities including but not limited to; gym, walk/run, yoga, hot showers, hot tub, sauna etc...
- Avoid wearing a tight hat. Friction can pull pigment out. A loose hat is okay- and preferably a new hat to avoid bacteria.
- If you are wearing a topper/wig, please refrain from wearing for 48 hours. Before wearing topper/wig, it is recommended that you wipe the inside with rubbing alcohol.
- It is recommended you sleep on a pillowcase you don't care much about, as excess ink may rub off onto it during sleep. Also, be sure to use a clean pillowcase to avoid bacteria.
- Because you cannot wear sunscreen until you are healed, stay out of the sun as much as possible. When healed, you must use a paraben free sunscreen over 50 SPF and reapply every two (2) hours. **Once a day is not enough! DO NOT use sunscreen until seven (7) days post procedure.**
- Lukewarm showers only. Hot showers can affect the pigment retention. Baby shampoo is best during the entire journey through the SMP.
- Buzzed/Shaved clients - Do not shave with a razor until just before the procedure unless otherwise discussed. Clippers with no guard may be used after 5 days.

### Long Haired Clients:

It's best to dry heal. This means that I will not ask you to apply MicroBalm to the scalp. This will cause you to have extremely oily hair. Long haired clients have natural oil's which aids in the healing process naturally.

In your After Care Kit you will receive one (1) bottle of shampoo and one (1) spray bottle of Micro Tonic. Instructions are included and are as follows;

The longer you hold off shampooing, the better. The earliest is 24 hours post procedure.

Spray MicroTonic onto treated areas. Then shampoo the HAIR ONLY. DO NOT SCRUB THE SCALP. LATHER HAIR ONLY.

### Buzzed/Shaved Clients:

After 6 hours, apply Membrane tonic to a clean SOFT paper towel and \*dab clean\* treated area. DO NOT RUB.

Avoid scratching your head and/or picking at the micro crust (not every client will experience this). Scratching at the micro crust could disrupt the impression.

In your After Care Kit, you will receive one (1) bottle of Micro Tonic and one (1) container of MicroBalm. Instructions are included and as follows;

After 6 hours you may apply MicroTonic to a soft paper towel and \*dab\* clean to the treated areas. You only need to cleanse with the MicroTonic for four (4) days. After that it is no longer considered an "open wound".

# MANEINK

HAIR LOSS SOLUTION

Follow by applying MicroBalm. Tiny amount is only needed. Dab on the ointment, rather than rubbing it in. Apply the MicroBalm throughout the entire SMP procedures. This will aid in the skin healing and retaining the ink and preventing the skin from being dry for the future procedures.

## \*INTERACTIONS WITH OTHER PRODUCTS

- Minoxidil/Finasteride
  - No topical treatments for seven (7) days before first (1) treatment and thirty (30) days post last follow up.
- Antibiotics/Prednisone
  - Your body is currently in defense mode if you are on these, it will reject the ink.
- Prosthesis
  - Stay away from adhesives during the procedure. Ok otherwise.
- Microneedling
  - 60 days post procedure
- PRP Treatment
  - 60 days post procedure
- Hair Restoration Surgeries
  - FUT surgery; wait 6 months after to get SMP.
  - FUE Surgery; wait 3 months after to get SMP.
- If getting SMP prior to transplant or any other surgery, do so 45 days prior.
- Accutane
  - Must be off for a MINIMUM of six (6) months prior to starting SMP.
  - Can continue accurate sixty (60) days post procedure.
- Hair fibers, Toppik, Dermmatch etc.
  - Wait four days to apply again
- LED Hair Cap
  - No issue. Can be used simultaneously. Will aid in healing process.

*I have received the Aftercare Instructions verbally and in written form. I agree to comply with them. I agree that by not adhering to these Aftercare Instructions, it will not only affect the results but may require more sessions and increased cost. My signature is my consent to adhere to the aftercare instructions.*

Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_