

After Your Scalp Micro-Pigmentation (SMP) Procedure

Cleansing

Day One (Day of treatment):

- Clear (lymph) fluid is going to form on the surface of the procedure area. After 2 hours, gently wipe off the fluid with a moistened cotton pad. Do this every hour until bedtime.
- Before bed, cleanse the treated area with baby shampoo and cool to lukewarm water. Be very gentle during this process and rub area with smooth motions for about 10 seconds before rinsing. Ensure all soap has been rinsed away. **DO NOT** use any cleansing products containing acids (glycolic, lactic, or AHA), or exfoliants. Be sure to wash your hands with a disinfectant soap before cleansing or touching the procedure area.
- To dry, gently pat procedure area with a clean tissue. Blow dry your hair on a low, cool setting, avoiding any direct heat on the procedure area. The hair should not stay wet for any longer than necessary (Do **NOT** air dry).

Days 2-7

- Cleanse the procedure area gently, as explained above, twice daily (morning and night) and follow drying instructions above.

After Day 7

- You may wash/condition your hair as normal. Adhere to guidelines below for hair product usage.

Things to Avoid During Healing Process

- **Avoid intense exercise for 3 days following each SMP session.**
- Avoid sweating, saunas, steam rooms, Jacuzzis and any other hot, damp environments for the first 3 days following each SMP procedure.
- Do not wear tight hats that may cause friction on the procedure area for the first week

- **Do not use powders, concealers, hair products (gels, hair spray) or alcohol-based products** on the scalp for **two weeks** after SMP.
- **Do not use Rogaine (minoxidil) throughout the duration of your SMP treatment timeline and for 4 weeks after completion.** Give your SMP ink a full month to heal and settle in the scalp. After this period, you can use minoxidil as you normally would.
- **Avoid chlorine** submersion during the healing process. You should not expose your SMP to chlorine until fully healed (typically one month's time), as the chemicals can alter the color of the pigment as it heals within the skin.

What to Expect While Your SMP Heals

- Your scalp may become dry and itchy following the procedure. If this happens, you can apply a **very thin layer** of organic oils (grapeseed, Argan etc.) or Vaseline (petrolatum) to the area, just enough to add moisture to the skin. Do not scratch! Scratching can disrupt the healing and can cause pigment to come off.
- Your **scalp will naturally exfoliate** over the weeks following the SMP procedure. The dots will appear less defined compared to the first day as the dead skin layers are shed.
- **When in strong sunlight, you should wear a hat.** It shouldn't be tight against the procedure area and should only be worn for short periods of time. **After two weeks you may use a sunscreen with a SPF of 30+, but a hat is still advised as an extra precaution.** For best long-term pigment retention, SPF of 30+ should **always** be used on the procedure area once it is healed.
- Additional **sleep and pain medications are generally not required** after SMP.
- **Antibiotics are generally not required.**

If you have any additional questions or concerns, please call the office at **212.826.2400** or email **Jennifer Oakley** at joakley@bernsteinmedical.com.