

What To Do After Your Scalp Micro-Pigmentation (SMP)

- Your **scalp will 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.
- After your procedure, **lightly rinse the area with plain water in the shower. Do not use shampoos or conditioners and do not soak the scalp for three days** following the session. Avoid saunas and steam rooms during this time as well.
- **Do not use Rogaine (minoxidil) throughout the duration of your SMP treatment timeline and for 2 weeks after completion.** Give your SMP ink 2 weeks to set and settle in the scalp. Many patients choose to switch to a minoxidil solution that does not contain alcohol so as not to disturb the SMP in the future.
- **Do not use powders, concealers, hair products (gels, hair spray) or alcohol-based products** on the scalp **for 2 weeks** after SMP.
- Your **scalp may become dry and itchy following the procedure. If this happens, apply organic oils (coconut, Argan etc.) or Vaseline (petrolatum) to the area**, but do not soak excessively. If it does not improve, the doctor may prescribe a prescription medication for the itching.
- **When in strong sunlight, you should wear a hat. After two weeks you may use a sunscreen with a SPF of 30+, but a hat is still preferable.**
- **Avoid chlorine** submersion for life as it may discolor the dyes. This is not the ideal procedure for avid swimmers! Swimmers caps may avoid the problem.
- Additional **sleep and pain medications are generally not required** after SMP.
- **Antibiotics are generally not required.**
- **Avoid intense exercise for 3 days following each SMP session.**