

Scalp Micropigmentation Aftercare Instructions

**After each**[**scalp micro pigmentation**](https://www.teammicro.com/smp/)**session is over, no doubt you’ll want to get back to your usual routine. There are a lot of questions regarding aftercare and most of these questions are about instructions and limitations for the days following each session.**

**We have compiled a list of the most important considerations after your treatment. The aim is to avoid disturbing your new pigment deposits, and of course you should do all you can to avoid any interference with the healing process.**

## Day 1-3

* **First of all, relax. You’ve probably been building up to your first session, and pre-treatment anxiety is common. Now is the perfect time to take a deep breath.**
* **You should try to avoid any physical effort which might make you sweat. Don’t wash your head or get water on it. No swimming or showers. The desire to wash your scalp may be strong, but for the first three days you should resist the temptation. Take a bath but you do not want a steamy bathroom as the heat will push out the pigment.**

## Day 4-6

* **Now is also a good time to get some water on your head. A light shower will do the trick, but avoid shampoo.**
* **You can also moisturise your head and you can perform activities from which you sweat lightly. Lift some weights at a low pace but avoid tough cardio sessions. Still no swimming until 10 days have passed.**
* **Women should follow this aftercare without the shaving. Moisturising may leave your hair looking oily so a gentle moisturising non oil spray may be used instead of creams.**

## Day 7 onwards

* **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 or with the shampoo when you wash your scalp.**
* **This is the time when you might consider using a razor blade to shave your head (Men). However, avoid using it if there are still healing scabs on the skin.**
* **If you’re itching to get back to the gym, you can now get back to your usual routine and sweat as much as you’d like.**

## 6 TO 8 WEEKS (after all sessions are complete)

* **Fake tan, saunas and swimming pools are fine from here on.**
* **If you live in a warm, sunny climate, take adequate precautions. A quality non-greasy sunscreen is best. This includes women as even though your hair will look thicker there is still the same amount of scalp exposed to the sun.**
* **Moisturise daily with a light moisturizing cream or light non oil spray. This will help your micropigmentation last longer.**
* **Although not compulsory, I recommending taking measures to avoid head shine if you are a man.**