

# Natural Effect ~ Permanent Creations

## Aftercare Instructions - Scalp Micropigmentation

### Day 1 - 5

For the first 5 days following treatment, you should avoid the following:

- **Sweating heavily** - Try not to engage in any intense exercise for 5 days following treatment. Excessive sweating could interrupt the healing process.
- **Scrubbing and shampooing** - Scrubbing the scalp can break the skin and open wounds, and shampooing could introduce harsh chemicals.
- **Shaving** - Avoid shaving and irritating the area while it's healing.
- **Exposure to long-term sunlight** - UV rays from the sun can cause sunburn and sun damage. This could lead to premature fading of the scalp pigmentation. You can wear a hat or skullcap for protection or comfort.
- **Touching with hands** - *Refrain from touching your scalp with your hands.* You could introduce bacteria and increase the risk of infection.

During the first 5 days, make sure you're drinking plenty of water and taking any medication as prescribed. There is no need to adjust your sleeping position.

You can lightly rinse the scalp while it's healing and dab the area with a wet cloth to keep it clean. Do not soak the scalp. You can wear a hat or skullcap for protection from the sun or comfort.

### Day 6-10

For days 6 to 10, you should still avoid the following:

- **Scratching the scalp** - As with tattoos, the skin on your scalp may begin to peel during these next few days. It's important that you avoid scratching or picking any scabs that may form.
- **Shampooing or exfoliating** – Shampoo and exfoliants can disrupt the formation of new skin layers during healing.
- **Using self-tanners or skin-irritants** - While your scalp is healing, avoid irritants that could cause inflammation and disturb the healing process.

What you can do is carefully shave or cut your hair if needed. You can now rinse lightly with water and a gentle soap to clean the area. Applying a fragrance-free moisturizer will help with this stage of healing. You can now resume working out with light exercise.

### Day 11-28

After 10 days, your scalp should be healed enough to return to your normal routine. Scheduling of your next treatment session is recommended after 10 days. However, your actual treatment date will

depend on how your scalp has healed. To prepare for your next treatment session, you'll need to wash your head and cut your hair.

In general, after SMP treatment you'll want to treat your scalp like an open wound. Meaning, avoid getting it wet and keep it clean. No chlorinated pools, saunas, steam rooms, or tanning beds *for 28 days after your final treatment*. This will ensure a great and long-lasting result.

Contact your scalp micropigmentation specialist if you have any questions or concerns during the healing process.