

SMP Pre & Post Care Information

Pre - Care

1 Week Prior

1. Wash your scalp with a non-abrasive, gentle shampoo the week prior to the procedure.
2. After washing the scalp, moisturize the skin with an organic moisturizer to keep the skin hydrated. This will allow the pigment to be absorbed properly.
3. Avoid any sunlight or tanning that would cause burning or peeling of your skin.
4. Do not use any sun tanning oil.
5. Limit the use of hair prosthesis (no glue for 30 days), must allow the scalp to breathe at night and/or as much as possible. Do not wear the hair piece for 5-7 days prior to your procedure, it will limit oxygen to the skin and prevent the pigment from being absorbed.
6. If you're extremely sensitive to pain, seek medical advice prior to your procedure.
7. You may bring a clean hat or scarf to loosely cover your head after the treatment if so desired, but it is not recommended.
8. If you plan to wear your hair shaved, you must shave 3 days prior. If you plan to keep your hair short, be sure to have it cut prior to your appointment. Short/shaved hair is easier to work with for best results.
9. Do NOT use a razor on your scalp within 24 hours of your appointment. It is critical to see all native hair in order to properly blend the hair follicles.

Day of Procedure

1. No use of blood thinning medications (aspirin, ibuprofen, etc.), unless prescribed by your doctor.
2. Do not take any vitamins, supplements, alcohol, or recreational drugs.
3. Wash your scalp/hair the morning of your procedure.

Post - Care

(1 - 2 weeks post procedure)

1. Do not touch the healing pigmented area with unwashed hands, they may have bacteria causing an infection.
2. Apply an organic moisturizer 3-5 times daily until the procedure area has healed. Always use a clean cotton swab (not your fingers).
3. No makeup, sun, soap, sauna, jacuzzi, swimming, contact with animals, or gardening until the area is completely healed.
4. Do not rub or traumatize the procedure area while it is healing, pigment may be removed along with the crusting tissue.
5. Do not use any products that contain AHA's (anti-aging creams) on the procedure area (glycolic acids, lactic acids, etc). Be sure to check the ingredients if you're not sure.
6. Before bathing , gently apply a light coat of organic moisturizer on the procedure area using a clean cotton swab. Continue this regimen until the procedure area is healed.
7. You may cover your scalp with a loose cap or scarf, however it is not recommended. For best results, leave the scalp uncovered until fully healed.
8. If you experience itching, swelling, blistering, or any other complications, stop using any after-care products and notify your physician. You may be experiencing an allergic reaction. Also notify your technician of any reaction you have.
9. If you experience any excessive redness, swelling, tenderness, or red streaks going from the procedure area towards the heart, elevated temperature, or purulent drainage from the procedure site, contact your physician. The area may be infected and you might need medical care.

Long Term

1. Any touch up appointments should be scheduled within 2 - 4 weeks of past procedure. SMP is a multi-step process. Results are not determined until all touch-ups are completed as outlined in your initial consultation agreement.
2. Use a **broad spectrum** sunscreen with an SPF of 45 (or higher).
3. If you are a blood donor, you may not give blood for 1 year following your SMP procedure.
4. Maintenance should be done every 5-7 years if there is no further hair loss.