

Day 1: After the treatment, pigment can take 24-48 to appear on the surface of the skin.

- Do not apply shampoo to the head
- Do not wipe head with a towel

Day 2 -7: Apply post-care ointment (Bepanthen Plus or similar ointment) to the scalp, in a non-aggressive movement and/or manipulation of the skin. Wash your hands with a disinfectant soap before applying the post-care ointment. You must apply the post-care ointment on your scalp a couple times a day as needed with a minimum of at least once a day. After the 5th day, you may rinse with soap and water lightly before applying the post-care ointment again.

The following must be avoided during the first 5 days post-scalp procedure:

- Increased sweating
- Practicing sports
- Swimming
- Hot sauna, hot bath, or Jacuzzi
- Sun tanning or salon tanning
- Any laser or chemical treatments or peelings, and/or any ointments containing Retin A or Glycolic Acid on the face or neck
- Picking, peeling, or scratching of the micro pigmented area in order to avoid scarring of the area or removal of the pigment
- Performing tasks related to heavy household cleaning such as garage or basement cleaning where there is a lot of airborne debris
- Spicy foods
- Smoking
- Drinking alcohol in excess, as it may lead to slow healing of wounds
- Driving in open air vehicles such as convertibles, boats, bicycles, or motorcycles

****Do not touch the scalp area except for when applying the post-care ointment.**

Before showering, apply a layer of post-care ointment to protect your scalp from moisture. During the shower, keep your scalp away from the shower head. Itching and flaking may appear during the first seven days post-scalp micropigmentation procedure. However, experience has shown that by following these after-care instructions, these symptoms may quickly disappear. If you have any unexpected problems with the healing of the skin, please contact me to discuss further instructions.

What to expect after your scalp micropigmentation session: The pigment may take up to 24-48 hours to appear in the skin. Initially, the pigment may even appear dark because the pigment is still sitting on top of your skin, and has not yet settled in completely. The color of the pigment will soften gradually. Do not be alarmed if you see some pigment rub off, as this is excess pigment and/or body fluid that is naturally exiting your skin. Areas that have lost pigment will be addressing in the touch-up appointment. If you experience any scabbing, it will look like dandruff flakes or dry skin. This might give you the impression that the color pigment is fading too quickly, however, this is just superficial color and dry skin being naturally removed from your scalp.