

SMP SHORT-TERM AFTERCARE:

DAY 1 - DAY 4:

- Do not touch, rub or disturb your scalp in any way.
- Do not wash your scalp. No matter how much you want to.
- Avoid going out in the sun. UV rays can be harmful and certainly can promote fading.
- Avoid sweating. Do not go to gyms or do any kind of workout that can cause profuse sweating.

DAY 5 - DAY 7:

- On day 5, you can wash your head with warm water and shampoo.
- Start moisturizing your head to prevent dryness. Non-perfumed moisturizer is recommended.
- Moisturize twice a day; morning and night.
- You can wear hats and beanies to cover your head. You can use electric foil shaver to shave your head. AVOID making any contact with scabs if they are still present.
- Avoid wet shaving with razor blades for 10 days after treatment.

LONG-TERM AFTERCARE:

- For 30 days, avoid chlorinated pools, saltwater, saunas, and steam rooms.
- UV rays (sunlight) are dangerous for the treated area. Therefore, make sure to apply sunscreen before going out. Use sunscreen with at least SPF 50+. For 30 days avoid getting a tan on the treated area. Wash your scalp with fragrance-free, antibacterial soap for the first 30 days to

keep it clean.

- Use an exfoliating cleanser as often as possible as it removes dead
- cells and keeps your head looking fresh.
- Avoid products that use a high amount of alcohol. Creams and lotions
- that use a little bit of alcohol are fine.
- It is recommended to avoid head shine if possible.

Follow Up Appointment

SMP is a process which requires an additional appointment. Fading is normal which the artist will adjust to your skin type on the follow up. Depending on the client skin type some may require more follow ups. Schedule appointment 3-6 weeks after initial appointment.