



## **Post-Care Instructions**

### **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, relax, and enjoy your new look.
- You should try to avoid any physical effort which might make you sweat. Don't wash your head or get water on it. The desire to wash your scalp may be strong, but for the first three days you should resist the temptation.

### **Day 4-6**

- You can consider shaving your head at this point. Use an electric foil shaver as these are less likely to disturb your pigments. However, keep the shaver away from any scabs that are still present on your head and don't try to peel them away.
- 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 dab dry, but do not rub your head to dry. .
- You can also moisturize your head and you can perform activities from which you sweat lightly. Lift some weights at a low pace but avoid tough cardio sessions.

### **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. 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.

## Day 30 (after all sessions are complete)

- Fake tans, saunas and swimming pools are fine from here on.
- If you live in a warm, sunny climate, take adequate precautions. A quality, oil-free sunscreen is best.
- Moisturize daily with a light moisturizing cream.
- Although not compulsory, we recommend taking measures to avoid head shine, like *Max Anti-Shine Gel* which works well for many of our clients.
- Do not touch the healing pigmented area with your fingers, they may have bacteria on them and create infection.
- No sweating, shaving, shampoo, water, soap, or anything on the head for the first 3 days following treatment. No gym, running, weight lifting, cardio, shaving, or any strenuous activities for the first 3 days following treatment.
- By day 4, you may sweat lightly and take showers with just water, no soap or shampoo.
- No make-up, sun, soap, sauna, Jacuzzi, swimming in chlorine pools or in the recreational bodies of water, contact with animals, gardening for 7-10 days (or until area has completely healed post procedure and after all touch-ups).
- Do not rub or traumatize the procedure area while it is healing (pigment may be removed along with crusting tissue).
- After all 3 sessions are done and your scalp is healed, use a strong, oil-free, quality sun block to prevent future fading of pigment color. Continue to use sunblock on your head daily as part of your routine.
- Do not use products that contain AHA's on the procedure area. (Example: Glycolic, Lactic Acids. Always check your product labeling) it will fade your pigment color.
- No alcohol or drugs while you're having your treatments done, before or after. If you are a blood donor, you may not give blood for 1 year following your Permanent Make-up application [Per Red Cross].
- If you have any questions or concerns, please notify your office immediately.
- If you experience any itching, swelling, blistering or any other complications post-procedure, stop using the product and call your technician immediately. You may be allergic to the after care product you are using!
- If you have an adverse reaction, excessive redness, swelling or tenderness or any red streaks going from the procedure site toward the heart, elevated temperature, infection, or purulent drainage from the procedure site, contact your physician for treatment and report to SNHD Special Programs at 702-759-0677, as the area may be infected and you may need to seek medical care.

Failure to follow these instructions may result in pigment color loss!

Remember, everybody heals differently and at their own natural rate. So take it easy for a few days, drink lots of water, and let your scalp heal. For most people, the scalp should be completely healed within 7 days. But always moisturize, and use sun block thereafter to ensure your SMP lasts as long as possible.

*Sincerely,*

***FULL Micropigmentation Team***