



## SCALP MICROPIGMENTATION AFTERCARE INSTRUCTIONS

### AFTER CARE INSTRUCTIONS

Please follow these instructions for 10-14 days after the procedure to improve and prolong the results of your Scalp Micropigmentation Procedure. If you don't follow these instructions, it can greatly affect your micropigmentation results!

Expect treated areas to be tender for the next few days. The procedure area may be red, swollen or have a discharge of lymph (clear fluid) and blood for at least 12 hours post procedure. Gently dab off excess lymph from the procedure area with a clean tissue and clean (Sterilized) cold water. Remember that you should dab off gently the lymph to avoid getting a thick crust. You may alternate between ice and hot packs to relieve swelling.

- DO NOT RUB, SCRATCH OR PICK THE TREATED AREA; pigment may be removed along with crusting tissue. Let any scabbing or dry skin naturally exfoliate off. Picking can cause scarring.
- DO NOT SOAK the treated area in the bath, pool or hot tub. For 15 days, refrain from swimming in salt water or chlorinated pools, saunas, hot yoga, steam rooms or sun beds.
- Do not use any shampoo or washing of the scalp for the first 7 days.
- No shaving your head until all scabs have fallen off (from 4 to 15 days)
- By day four with a foil shaver. If you decide to shave at this date, please use an electric foil shaver like the Remington R91 and be careful not to run it over the top of any scabs that have not flaked off.
- A gentle facial cleanser can be used for cleaning the scalp after 7 days.
- After the fourth day you can use moisturizer on your scalp. Put very lightly without removing any of the scabs.
- NO EXERCISE for 14 days. After 14 days – when exercising, wear a sweatband to avoid sweat on the treated area.
- DO NOT clean the treated area with tap water, use only Bottled Water, or Sterile clean water.
- DO NOT touch the healing pigmented area with your fingers. Touching the treated area with your fingers, unclean cotton swabs, old products or other, may result in infection. If you need to touch the area - use a clean cotton swab!
- DO NOT EXPOSE treated area to direct sunlight. After healed (30 days), use a sunscreen to avoid fading from the sun.
- You may find that your scalp will scab or become slightly dry following the treatment. If it itches, DO NO SCRATCH the area. You may pat it to alleviate the itch.
- If your scalp gets wet during the healing process, pat it dry with a clean towel, DO NOT RUB.
- Avoid using daily skincare products directly on the scalp.
- If you are planning a chemical peel, or any other medical procedure, please inform therapist of the procedure you have had. Any other procedure should only be done once the healing process is COMPLETE.
- If you are due to give blood after the procedure, please inform your nurse about the microblading treatment you have had as this might alter the results. - If you are a blood donor, you may NOT give blood for 1 year following your permanent makeup application (according to Red Cross).
- Please DO NOT do any gardening or outdoor activities while your eyebrows are healing.
- Apply the ANTIBIOTIC OINTMENT (NEOSPORIN) - ONLY for the first day.
- Apply the HEALING OINTMENT (AQUAPHOR) - For 8 days after the Neosporin

*Do not use too much of A&D ointment; overuse of your healing product will not let the area heal properly; apply a very thin layer to prevent the treated area from drying. - Please check for any allergies you might have towards the ingredients of this ointments/creams, ask your pharmacist / doctor for a replacement that will suit your skin. Other ointments might affect the final result, and may require extra touch-ups to reach the desired result.*

Call or email me with any questions or concerns - [info@valentinampm.com](mailto:info@valentinampm.com) / (310) 356-7392