

## Instructions for Post SMP Maintenance

To achieve long lasting and optimal results from your *Scalp Micropigmentation* treatment, please follow these instructions:

1. In the evening after first session you may shower but no shampoo. Instead cleanse scalp with provided MicroTonic by applying to tissue or make-up removal pad and gently rubbing scalp to remove excess pigment. Use MicroTonic as needed for up to 3 days post procedure.
2. After second session start using the provided MicroBalm at least 1 time per day on treated area for 3 days following treatment. It can be applied in morning or evening.
3. On Day 3 post treatment, you may shampoo your head. Please use a mild shampoo that is paraben and sulfate free. Some baby shampoos are good options.
4. **Do Not** have chlorine or sun come in contact with your scalp for at least 5 days. (You can wear a hat/baseball cap.)
5. **Do Not** exercise for at least 5 days after SMP (risk of excessive sweating).
6. **Do Not** use a wet shaver/straight razor on scalp at any time as it can eliminate the SMP. We recommend either a hair/beard trimmer with zero guard (like the Wahl Peanut or Andis T-Outliner) or a foil style shaver like the Babyliss Foil FX2 or Andis ProFoil.
7. For daily moisturizing and to help eliminate shine we recommend Bee Bald Daily Moisturizer (regular or with SPF30) [www.beebald.com](http://www.beebald.com)

REMEMBER THIS IS FOR YOU TO GET THE OPTIMUM and LONGEST LASTING RESULTS FROM YOUR SMP.

Enjoy Your New Look!