**Ahead Ink**

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**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.

1. 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.
2. **Do Not** have chlorine or sun come in contact with your scalp for at least 5 days.  (You can wear a hat/baseball cap.)
3. **Do Not** exercise or use a sauna for at least 5 days after SMP (risk of excessive sweating).
4. **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.
5. 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)

It is normal to experience redness for a few days post-procedure. Mild bumps/breakouts may also occur. Both should subside after 1-3 days. If either persists more than 3 days please contact Ahead Ink and/or your physician for examination.