



## scalp micropigmentation

### SMP before and after care information

Before and after care of your Scalp micropigmentation is vital for longevity of the pigment and overall satisfaction of the result.

Please follow these instructions:

Day 1: (Treatment day): You will experience tenderness and redness in the treatment area. Do not touch the area unless your hands are clean. Please use a clean pillowcase.

Day 2: The redness and tenderness will be subsiding. In the morning apply a small amount of the Foli Sim aftercare cream with clean hands and do this each morning for the next 3 days. Gentle exercise can be recommenced (avoid excessive sweating).

Day 3: You may start to experience some itchiness and a light peeling of skin. Do not scratch the skin and tap your scalp with clean hands if itchy.

Day 4-6: You can wet your scalp/hair with warm water today. Pat dry with a clean paper towel and apply some aftercare cream. If needed, you can clipper your hair to the desired length.

Day 7: You can wash your scalp/hair today with a gentle shampoo or the Foli Sim Scalp Cleanser.

Day 8: Styling products and products containing Minoxidil can be used from today onwards. Heavier exercise can be resumed.

- Do not swim in a chlorinated pool or sea water for at least 14 days.
- Do not use saunas, steam rooms and avoid direct sunlight for at least 28 days after treatment.
- Once healed, always wear sunscreen when outdoors, such as Neutrogena Ultra Sheer face 50+ matte look.
- If you have excessive redness, swelling or an elevated temperature, please contact your doctor and practitioner as the area may be infected (extremely rare).

Day 14 – day 28 – As pigment heals into the skin and the epidermis sheds off, you will experience a fading and softening of the pigment. After session 1, your SMP may heal slightly patchy and uneven, this is perfectly normal and will be evened out at the next session.

To maintain a healthy scalp, we recommend using the Foli Sim Scalp Cleanser and Balm. Weekly exfoliation is also recommended.

**If you have any questions or concerns, please contact Foli Sim on 1300 668 490 or [info@folisim.com.au](mailto:info@folisim.com.au)**