



Fine Line Natural Beauty
Cosmetic Tattoo and Training Academy
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MICRO-NEEDLING & PRP AFTER
CARE INSTRUCTIONS

Getting SMP is not the only step in this process, caring for your scalp after the treatment is done is especially important.

SMP AFTERCARE GUIDELINE:

The main objective in the aftercare of SMP is to slow down fading as much as possible. Please note that SMP fading is a process, and it cannot be stopped, but it can only be slowed down.

Scalp Micropigmentation treatment is basically a thousand of tiny perforations made into the skull to inject colour. The perforations produce tiny scabs on your skull as it is healing. It can be itchy and the need to take them out is overwhelming, but do not scratch or touch. Not only will it hinder your healing process the skull will scar and pigmentation will come out.

DAY 1 – DAY 4:

- Do not touch, rub or disturb your scalp in any way.
- Do not wash your scalp. No matter how much you want to.
- Avoid going out in the sun. UV rays can be harmful and will promote fading.
- Avoid sweating. Do not go to gyms or do any kind of workout that can cause profuse sweating.

DAY 5 – DAY 7:

- On day 5, you can wash your head with warm water and shampoo.
- Start moisturizing your head to prevent dryness. Non-perfumed moisturiser is recommended.
- Moisturise twice a day, morning and night.
- Wear clean hats and beanies to cover your head to avoid the sun.
- You can use electric foil shaver to shave your head. AVOID making any contact with scabs if they are still present.

- Avoid wet shaving with razor blades for 10 days after treatment.

LONG-TERM AFTERCARE

- For 30 days, avoid chlorinated pools, saltwater, saunas, and steam rooms.
- UV rays (sunlight) are dangerous for the treated area. Therefore, make sure to apply sunscreen before going out. Use sunscreen with at least SPF 50+. For 30 days avoid getting a tan on the treated area.
- Wash your scalp with fragrance-free, antibacterial soap for the first 30 days to keep it clean.
- Use an exfoliating cleanser as often as possible as it removes dead cells and keeps your head looking fresh.
- Avoid products that use a high amount of alcohol. Creams and lotions that use a little bit of alcohol are fine.
- It is recommended to avoid head sines if possible.