

# SCALP MICROPIGMENTATION

## PRE-CARE ADVICE

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Pre-care instructions **MUST BE STRICTLY FOLLOWED** to limit bleeding and skin sensitivities during the service. Excessive bleeding and sensitivity during the procedure will dilute and expel the pigment color and lead to poor results.

As with most procedures, it is recommended that you abstain from alcohol for at least 48 hours before the procedure. Since alcohol is a blood thinner, it'll make you bleed more. Avoid certain medications, such as aspirin and ibuprofen, since these medications can prevent blood clotting, causing you to bleed. Certain drinks, such as tea, coffee, and energy drinks, should also be avoided since they are also blood thinners.

### THE NIGHT BEFORE

Be sure to get a good night's sleep to prepare for the operation. You should also make sure that you are well hydrated at least a day before the procedure so that your scalp accepts the ink better. Remove dead skin cells by exfoliating your scalp the day before the operation.

### THE DAY OF

Have a well-balanced breakfast on the day of your procedure. It's also recommended to wash your head since you won't be able to take a shower for a little while after the operation. Refrain from exercising or adding any oily, waxy products to your scalp. Excess oil can prevent the pigment from retaining.

### SMP Post-Procedure Tips

Remember that your scalp will be sensitive for a few days after the procedure. Although scalp micropigmentation is non-invasive, there are still some aftercare measures you need to take.

- The skin must be free of all irritations including blemishes, eczema, and psoriasis. Do not scratch the area before the procedure.
- Must be off Accutane medication for six months prior to getting a Cosmetic Tattoo.
- Stop taking Fish Oil, Vitamin C, Glucosamine, Evening Primrose Oil, Ginger, one week prior to your appointment as they thin the blood and prevent the pigment from implanting correctly, meaning your tattoo may heal patchy.
- Discontinue the use of any anti-aging, skin brightening or anti-acne skincare products. Particularly those that contain Alpha Hydroxy (AHA), Vitamin A, Retinol. Ideally, do not use these products for 30 days prior to your appointment, and yes, even if you do not use it near the area to be treated it does spread under your skin and your cosmetic tattoo will heal patchy. Once your tattoo has healed under the skin surface (approximately 6 weeks following your final session) you may resume your usual skin care routine.
- Do not schedule any facials, microdermabrasion, microneedling, peels or laser treatments for at least 4 weeks prior to your appointment.
- Do not have cosmetic injections on the forehead for at least two weeks prior to your appointment.
- Please avoid any type of blood thinning medication for a minimum of 72 hours prior to your procedure unless is unsafe to do so for your health. Please ask your doctor before stopping these types of medications. Such as: Ibuprofen, Aspirin, Advil, Niacin, Voltaren or Indocid. As well as prenatal vitamins, Vitamin E or nutritional shakes. Tylenol is recommended if you have a low pain tolerance.
- Do not work out on the day of the procedure.
- Avoid sun tanning or tanning beds for 2 weeks prior to procedure. If you show up to your appointment with a sunburn you will need to reschedule and will forfeit your deposit. As your skin exfoliates from a sunburn it will take the pigment. Tanned skin is damaged skin, and your color will not heal properly.
- Please note that you will be more sensitive during your menstrual cycle.

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## AFTERCARE

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1. Do not touch your scalp with unwashed hands after your SMP procedure as they may have bacteria and cause an infection.
2. Do not scratch or rub the newly pigmented area, do not pick any micro abrasions (scabs) while it is healing as infection could occur as well as pigment being removed with the healing skin.
3. Do not use any products that contain alcohol or AHA on the newly pigmented area as it will excessively dry the scalp and fade your pigment.

### DAY 1 -3:

Avoid touching, showering or shaving the treated area.

Avoid any physical activities that may cause excessive sweating.

When showering, do not wash your head or get any water on it.

Avoid swimming, swimming pools, saunas, steam rooms and tanning beds.

### DAY 4 -10:

Gently wash your scalp with warm water do not aggressively scrub the scalp or exfoliate. After showering gently pat dry. Apply a natural moisturizer two times daily, to prevent dryness and flaky skin. I recommend using a non-perfumed, alcohol free moisturizer.

If the hair on top of the scalp grows too long in between SMP sessions or if you need to shave your head, I advise using an electric clipper. If you still have micro abrasions avoid shaving all together. Do not take a wet razor to the scalp for at least 10 days.

You are now permitted to perform activities which may cause you to sweat lightly, such as light cardio and lifting light weights.

### DAY 10:

At this point you may use shampoo. Gently massage the scalp using a natural, mild soap such as an infant shampoo. You may also get back to your usual gym/cardio routine and sweat as much as you'd like. If you're in the middle of your SMP sessions it is at this point where you will probably be coming back in to continue your SMP sessions.

You'll find that your cosmetic tattoo will last between 1 - 3 years.

- Future touch-up appointments are required to maintain the density and depth of color. If you do not maintain, the color will lighten over time. Fading greatly depends on your skin type, lifestyle, sun exposure, pigment color used, broken capillaries, and iron deficiency. We suggest that if you want to maintain your SMP so it always look it's best, plan on scheduling a touch up once a year for best results.
- Use a good sunscreen and hat on the scalp if you plan to be in the sun for a prolonged period of time. Sun exposure will fade your cosmetic tattoo overtime. Smokers, sun worshippers, or anyone with skin that is in a state of distress may have less desirable results. Sun exposure will make the color fade faster.
- If you are planning a chemical peel, laser procedure or MRI scan, inform the technician of your cosmetic tattoo.
- The use of Retin-A/Tretinoin, hydroquinone, or any other rapid skin exfoliation used regularly on any area surrounding the scalp area will cause your cosmetic tattoo to fade prematurely.
- The use of chemical peels, acid peels, lightening or any brightening products that targets hyper-pigmentation used regularly on the forehead region can cause permanent makeup to fade prematurely.
- The use of exfoliating cleansers, scrubs, cleansers with acne fighting ingredients or "acid" in the name will cause rapid exfoliation of the skin containing the pigment and will increase odds of premature fading.

**If during the healing process you have any questions or concerns, do not hesitate to email us at [contact@thekokobella.com](mailto:contact@thekokobella.com) or text us at 614-452-9821.**

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