

Post-Care Instructions

Day 1-3

First of all, relax. You've probably been building up to your first session, and pre-treatment anxiety is common. Now is the perfect time to take a deep breath, relax, and enjoy your new look.

You should try to avoid any physical effort which might make you sweat. Do not touch, wash, or put water on your head at least for the first three days. The desire to wash or touch your scalp may be strong, but for the first three days you should resist the temptation.

Day 4-6

You can consider shaving your head at this point. Use an electric foil shaver as these are less likely to disturb your pigments. However, keep the shaver away from scabs that are still present on your head and don't try to peel them away.

Now is also a good time to get some water on your head. A light shower will do the trick but avoid shampoo. You can dab dry, but do not rub your head to dry.

You can also moisturize your head with a moisturizer or ointment, and you can perform activities from which you sweat **lightly**.

Day 7 onwards

At this point, you can resume your showering sessions and get back to your usual schedule. There won't be any issues with the water or with the shampoo when you wash your scalp.

This is the time when you might consider using a razor blade to shave your head. However, avoid using it if there are still healing scabs on the skin.

We recommend at least 10 days with no heavy sweating after each session, however, if you feel your scalp has healed already and you can't wait to get bac to the gym, then go for it.

Day 30 (after all sessions are complete)

Fake tans, saunas and swimming pools are fine from here on.

If you live in a warm, sunny climate, take adequate precautions. A quality, oil-free sunscreen is best. Moisturize daily with a light moisturizing cream.

Although not compulsory, we recommend taking measures to avoid head shine, like Max Anti-Shine Gel which works well for many of our clients.

Remember, everybody heals differently and at their own natural rate. So take it easy for a few days, drink lots of water, and let your scalp heal. For most people, the scalp should be completely healed within 7-10 days. But always moisturize and use sun block thereafter to ensure your SMP lasts as long as possible. Remember that failure to follow these instructions may result in pigment loss, thus you may require extra sessions.