DERM & MANE
Medical Aesthetics

Scalp Micropigmentation: pre- and post-care

Scalp • Hairline • Crown • Density Enhancement • Scar Camouflage Please review these instructions before your appointment and keep them for reference after treatment. Follow your practitioner's individualized instructions if they differ. IMPORTANT: SMP deposits pigment into the scalp using controlled needle punctures. Temporary redness, tenderness, swelling, tightness, sensitivity, pinpoint bleeding, or mild flaking can occur. Healing and pigment retention vary.

Client & Treatment Information

Full Name: _____ Treatment Date: _____

Treatment Area: _____ Practitioner: _____

Session Number: _____ Follow-Up Date: _____

48-72 Hours Before Smp - Do

- ☐ Keep the scalp clean and in good condition; follow clinic-specific washing instructions.
- ☐ Avoid significant sun exposure and intentional tanning.
- ☐ Notify the clinic about new medications/supplements, illness, scalp rash, irritation, infection, or other health changes.
- ☐ Tell your practitioner about recent scalp procedures, tattoos, previous SMP, laser treatments, chemical services, or significant sun exposure.

48-72 Hours Before Smp - Avoid

- ☐ Intentional tanning or significant sun exposure.
- ☐ Picking, scratching, waxing, aggressive exfoliation, or irritating scalp treatments unless specifically approved.
- ☐ Starting new scalp products without discussing them with your practitioner.
- ☐ Treatment over an active infection, open wound, significant rash, or sunburn; contact the clinic if these develop.

Medications & Supplements

- ☐ Tell your practitioner about all prescription/OTC medications, vitamins, herbs, and supplements.
- ☐ Some may affect bleeding, bruising, healing, or sensitivity.
- ☐ Do not independently stop prescribed medication. Discuss changes with the prescribing clinician.

Medication/supplement changes: _____ Practitioner instructions: _____

Day Of Smp - Do

- ☐ Hydrate and eat normally unless given different instructions.
- ☐ Arrive with the scalp clean and free of heavy oils or styling buildup, as instructed.
- ☐ Report any new symptoms, illness, medication changes, or scalp irritation.
- ☐ Confirm the treatment area, hairline/design, and pigment shade before treatment begins.

Day Of Smp - Avoid

- ☐ Treatment over active sunburn, open wound, significant rash, or suspected infection.
- ☐ Concealing medication, health, or scalp changes.
- ☐ Strenuous exercise immediately before treatment if it causes significant sweating or flushing.
- ☐ Unapproved oils, creams, exfoliants, or irritating products immediately before treatment.
- ☐ Treatment area reviewed
- ☐ Hairline/design reviewed
- ☐ Pigment shade reviewed
- ☐ Questions answered

Immediately After Smp

- ☐ The scalp may look darker or more intense immediately after treatment; this is not necessarily the final healed color.
- ☐ Mild redness, warmth, tenderness, tightness, sensitivity, pinpoint bleeding, or mild swelling can occur.

- ☐ Follow the exact cleansing and product instructions provided by your practitioner.
- ☐ Use only approved aftercare products and avoid unnecessary touching.

First 24-48 Hours - Do

- ☐ Wash/cleanse only when and how your practitioner instructs.
- ☐ Wash hands before touching the treated scalp.
- ☐ Protect the scalp from direct sun exposure.
- ☐ Use recommended aftercare products only.
- ☐ Minimize friction or pressure while sleeping/resting and follow instructions about hats/head coverings.

First 24-48 Hours - Do Not

- ☐ Scratch, pick, rub, scrub, or peel the treated area.
- ☐ Wet, soak, or wash outside the instructed schedule.
- ☐ Use unapproved oils, lotions, gels, sprays, fragrances, or styling products.
- ☐ Exercise intensely or swim/use hot tubs/sauna/steam/excessive heat during the instructed healing period.
- ☐ Shave or aggressively manipulate the treated area until given the appropriate timeline.

Days 3-7

- ☐ Continue gentle cleansing and aftercare as instructed.
- ☐ Mild dryness, flaking, tenderness, or temporary unevenness may occur; let flaking shed naturally.
- ☐ Continue avoiding direct sun, tanning, swimming, sauna/steam, hot tubs, and excessive sweating until cleared.
- ☐ Avoid hair dye, bleach, chemical scalp treatments, and irritating products until cleared.
- ☐ Follow the clinic's shaving and scalp-maintenance timeline.

Week 2 & Beyond

- ☐ Pigment may soften and settle as healing progresses.
- ☐ Follow the clinic timeline for washing, shaving, exercise, swimming, and scalp products.
- ☐ Use long-term sun protection once healed and approved.
- ☐ Avoid additional scalp procedures until your practitioner confirms appropriate timing.
- ☐ Attend the recommended follow-up for healing assessment/refinement.

Sun & Scalp Protection

- ☐ Avoid intentional tanning/direct sun during healing.
- ☐ Once healed and approved, use broad-spectrum sunscreen on exposed scalp.
- ☐ Hats and shade can provide additional protection when appropriate.

What May Be Normal

- ☐ Temporary redness/flushing
- ☐ Mild swelling
- ☐ Mild dryness/flaking
- ☐ Pigment softening/lighter appearance
- ☐ Mild warmth/tenderness
- ☐ Tightness/sensitivity
- ☐ Darker immediate appearance
- ☐ Minor temporary variation

Contact The Clinic Promptly If

- ☐ Severe or worsening pain; increasing redness, swelling, or significant warmth.
- ☐ Pus/unusual drainage, spreading rash, fever, blistering, or other signs of infection/reaction.
- ☐ Unexpected or rapidly worsening pigment/color change or concerning healing.

Emergency Symptoms

Seek emergency medical care immediately for severe difficulty breathing, facial/throat/tongue swelling, fainting, or a serious/rapidly worsening allergic or systemic reaction.

Important Smp Expectations

- ☐ SMP is cosmetic scalp pigmentation; it does not create new hair follicles.
- ☐ Final appearance develops during healing; immediate color is not necessarily final healed color.

☐ Pigment retention, fading, and maintenance needs vary.
☐ The hairline/density effect can change with natural hair growth, shaving, and time.
☐ More than one session and/or future maintenance/refinement may be recommended.

Resuming Your Normal Routine

Resume Normal Washing / Date: _____ Resume Exercise / Date: _____ Resume Sauna/Steam / Date: _____ Resume Hair Dye/Chemicals / Date:

_____

Practitioner-Specific Instructions

Use this space for individualized instructions that take priority over general educational guidance.

Resume Shaving / Date: _____

Resume Swimming / Date: _____

Resume Hair Products / Date: _____

Other / Date: _____

Pre-treatment instructions:

_____

_____

Post-treatment instructions:

_____

_____

Products recommended / products to avoid:

_____

Specific wash / shave / exercise / swimming timeline:

_____

Follow-up date: _____ Practitioner initials/signature: _____

Client Acknowledgement

I confirm that I received and reviewed these SMP pre- and post-care instructions. I understand that my practitioner may modify these instructions based on my treatment, technique, products, scalp condition, and individual healing. I agree to follow the instructions provided and to contact the clinic with concerns.

Client Name: _____ Date: _____

Client Signature: _____ Practitioner Signature: _____

Clinical Note

This is a general educational template. Final instructions should be customized to the specific SMP technique, needle configuration/depth, pigment system, treatment area, scalp condition, patient factors, and clinic protocol. Final wording should be reviewed and approved by the clinic's supervising medical professional.