**Scalp Esthetics Specific After Care Instructions:**

Below is outline of what care needs to be taken, and when. It is important to follow these guidelines for a healthy and full healing process and to minimize any [fading](http://www.smpguru.com/scalp-micropigmentation-facts-and-myths-about-fading/).

**Days 1 – 3**

* Keep your head dry. Blot with tissue as needed.
* Avoid physical effort and sun exposure that could make you sweat
* Don’t wash your head and be careful to not get it wet while in the shower
* If you will be out in the sun, please wear a loose-fitting hat. Try to avoid excess sweating
* Resist scratching/peeling off scabs. It is important to let scabs remain on the head and fully heal as removing them prematurely can take some of the pigment with it.

**Day 4 - 7**

* You may get your head wet. A light, fast shower is ok, but **don’t** use shampoo/soap yet. Do not let the water beat down on the treated area.
* You can start to perform activities that may make you sweat a bit, but avoid heavy cardio sessions that may cause heavy sweating
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**Day 7**

* After the first week has passed you may start using an antibacterial soap to lightly clean the area as well as using an unscented moisturizer if needed.

**Day 10**

* Showering may resume as normal now and you may get your head wet and use shampoo as you please
* Get back into the gym and sweat as much as you like!

**Day 30**

* You may go for a swim! (chlorinated pools and hot tubs are okay, as well as saunas)
* Make sure to use sunscreen during prolonged sun exposure with a minimum SPF 30, or ideally SPF 50. Without sunscreen over the years UV rays will gradually break down and fade your treatment.

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