



PRE-TREATMENT ADVICE

It is very important that you adhere to the pre-treatment advice. Failure to do so may result in your treatment being rescheduled and / or cancelled.

You should be in general good health to have treatment. If you are feeling unwell in any way, please contact me immediately so I can determine whether or not your treatment should be rescheduled until you are feeling better.

- Avoid drinking coffee, taking ibuprofen / NSAIDs, aspirin (unless medically advised), alcohol or any other stimulants for 24 hours prior to treatment.
- Ideally you should not visit the gym, sauna, jacuzzi or swim for 24 hours pre-treatment.
- Any tinting or colouring of the hair should be done at least 48 hours prior to treatment and 1-week post treatment.
- Please avoid wearing any headwear the day of your treatment. If the head is hot and sweaty, the pigment / ink will not implant as well.
- If you are aware of any dryness, itching, redness or sores on your scalp, please notify me immediately. Your scalp will need to be in a healthy condition before I can perform a treatment therefore it may be necessary to reschedule your appointment until your skin is healthy.
- The healthier your scalp is, the better the treatment results are likely to be. If you have dry skin which is not due to a medical condition (e.g., psoriasis), try massaging coconut oil into the dry areas in the evening and wash off in the morning. Do this every couple of days for 2 weeks prior to treatment to help improve the condition of your scalp.

SCALP MICROPIGMENTATION Pre & Post Treatment Advice

- Please note that if you are looking to have a buzz cut effect, your existing hair may need to be shaved to 0.5mm. I recommend that you visit your normal barber / hairdresser to have your hair professionally cut prior to your treatment. Please aim to do this no less than 48 hours ahead of time to allow time for your scalp to settle.
- SMP procedures usually require multiple application sessions spaced apart* to allow for the skin to fully heal. (*Period of time dependant on whether ink or pigment is used)

Treatment Day

- Please eat and ensure you are hydrated before you attend the clinic. Bring a drink and snack bars with you. This will help maintain your blood sugar levels and comfort during treatment.
- You may wish to bring a tablet, smartphone, radio etc and headphones to use whilst your procedure is being performed. (I do have a radio in the clinic).
- Due to COVID infection control requirements, the window in the clinic must be left open during your appointment. Please bring something suitable to wear during your treatment in case you feel chilly.

AFTERCARE ADVICE

Good aftercare is critical to achieving the best possible results. It is your responsibility to follow the aftercare advice given to avoid any risk of infections. Please follow these instructions carefully.

- You may experience some tenderness immediately after treatment. This should feel no more uncomfortable than mild sunburn.
- The treated area may appear red or slightly swollen – this will subside over the next 48 hours.
- You may experience dryness and itchiness in the treated area.

- Do not pick or scratch the treated area; this will not only cause the colour to come out but may risk infection and scarring.
- The colour may appear more intense immediately after treatment; this will fade to more natural-looking hues as healing progresses.
- The area may start to peel after a few days. Do not panic – this, together with any itching, is a sign that the body's natural healing is underway.
- Rather than scratching, pat or tap the area to take away any itch

The First 4 Days

- The treated area needs to be kept sweat-free. Avoid any form of exercise that could make you sweat, such as going to the gym.
- Avoid wearing any headwear for prolonged periods of time. This can also make your scalp sweat. (Ideally avoid wearing headwear altogether until you are fully healed).
- With the exception of any aftercare products I give you, no water, shampoo or lotions should come into contact with the area.
- Do not shave the area, rinse, scrub or even touch with your hands.
- Avoid over exposure to direct sunlight.
- Keep the area dry and clean; you can dab with a clean, damp cloth if necessary.
- Normal work life and household duties may continue as normal.

Days 4 to 7

- You may now lightly / gently rinse your scalp with water. Do not allow power shower jets to spray directly onto the scalp.
- I recommend you avoid using shampoo until day 7. When you do, avoid scrubbing the scalp. Gently rub the product over the skin and ensure you pat the scalp dry after your shower.
- You may undertake light exercise and apply a fragrance-free moisturiser to your scalp if you wish

- Do not use self-tanning products, exfoliants or skin irritants on the scalp

After 10 Days

- If you wish to shave your head now, we advise that you use an electric foil shaver such as the Remington R91. Be careful not to shave off any scabs that are still on your head. (Ideally, leaving your scalp to fully heal until day 14 would be preferable).
- Do not use a razor blade to shave your head.
- You may now resume your normal exercise regime.

After 14 Days

- You may use anti-shine lotions such as L'Oréal Pure, Headblade Head Lube, or a matte lotion.

Thank You

I hope you like the results of your treatment. I would love it if you could take a moment to leave a review by scanning one of the QR codes below. This can help those who may be thinking of having a treatment decide whether or not to go ahead.



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