

STEHLE MICRO LLC.

SIMPLE 10 day AFTERCARE

SMP

For best possible results of your Scalp Micropigmentation treatment, please follow these instructions carefully.

Not following these instructions to completion can result in major loss of pigment, and extra sessions not included in your original treatment plan.

Day 1-4 Post Treatment

Simply DO	Simply DON'T
<ul style="list-style-type: none">Lightly dab treatment area with a COOL wet Cloth	<ul style="list-style-type: none">Do not carry out activities that may cause excessive SWEATING(including the gym).
<ul style="list-style-type: none">Protect from long exposure to Sunlight (Apply SPF 50 / wear cap *loosely*)	<ul style="list-style-type: none">No direct sunlight
<ul style="list-style-type: none">Take medications as recommended	<ul style="list-style-type: none">No Swimming, sauna, hot tubs, hot showers, or steam rooms
	<ul style="list-style-type: none">Don't touch with unwashed hands or pick at tiny scabs
	<ul style="list-style-type: none">No Razor shaving or Wet shaving for at least 10 days
	<ul style="list-style-type: none">No self-tanner or skin irritants including Topical hair growth ointments

Client Signature _____ Date _____

Day 5-7 Post Treatment Session

Simply DO	Simply DON'T
<ul style="list-style-type: none">Carefully shave or cut hair with Clippers (See recommended products)	<ul style="list-style-type: none">Wet shave (until 10 days post session)
<ul style="list-style-type: none">Apply SPF 50 and above daily	<ul style="list-style-type: none">Use regular shampoo, exfoliants or Hot water on scalp
<ul style="list-style-type: none">Apply fragrance free moisturizer	<ul style="list-style-type: none">Use any self-tanner or irritants
<ul style="list-style-type: none">Wear a loose breathable hat for sun protection	<ul style="list-style-type: none">Scratch/rub scalp (tiny scabbing can occur during the healing process)
<ul style="list-style-type: none">Resume light exercise (refrain from heavy sweating)	

Int. _____

Day 7 and after

Apply SPF 50 - daily

Resume wet shave after 10 days

Exercise as you wish

Enjoy!