

SMP AFTERCARE

In general, you will want to treat your scalp like an open wound after SMP treatment. Meaning, avoid getting it wet and keep it clean. No chlorinated pools, saunas, steam rooms, or tanning beds for 14 days after your final treatment. This will ensure a good, long-lasting result.

Day 1-4 Things to Avoid

- Touching, showering, or applying hair product to scalp
- Absolutely NO dry shampoo
- Carrying out any activities that may cause excessive sweating (5-7 days)
- Using shampoo
- Direct sunlight (Sun exposure is ok, long periods of exposure is not)
- Swimming, sauna, or the steam room (14 days)
- NOTE: If hair needs to be styled (ie: work/event) wet a comb before brushing, do not wet the scalp.

Day 2 - 7

- Wash your head gently with cold water and gentle soap (Paraben and sulfate free)
- Resume using daily product as needed
- NOTE: Wait 2 full weeks before having hair dyed near the scalp

NOTE: You can wear hats and sleep on your head like normal.