

OTM Skin After Care for SMP

AFTER CARE TREATMENT INSTRUCTIONS:

• For the first 5 days following treatment, you should avoid the following:

1. Sweating heavily – Try not to engage in any intense exercise for 5 days following treatment. Excessive sweating could interrupt the healing process.
2. Scrubbing and shampooing – Scrubbing the scalp can break the skin and open wounds, and shampooing could introduce harsh chemicals.
3. Shaving – Avoid shaving and irritation the area while it's healing.
4. Exposure to long-term sunlight – UV rays from the sun can cause sunburn and sun damage. This could lead to premature fading and/or discoloration of the scalp pigmentation.
5. Touching with hands – Refrain from touching your scalp with your hands. You could introduce bacteria and increase the risk of infection.

Make sure you're drinking plenty of water, protecting and keeping the skin clean. You can lightly rinse the scalp while it's healing and dab the area with a wet cloth to keep it clean. Do not soak the scalp. You may also wear a hat or skullcap and sleep and wear what's comfortable for you.

Day 5 to Day 10

For days 5 to 10, your head should be looking much better and healing nicely. However, it is still healing. You'll want to make sure you're keeping up with an aftercare routine. For the next 5 days, you should still avoid the following:

1. Scratching the scalp - As with tattoos, the skin on your scalp may begin to peel during the next few days. It's important that you avoid scratching or picking any scabs that may form.
2. Shampooing or exfoliating – Shampoo and exfoliants can disrupt the formation of new skin layers during healing.
3. Using self-tanners or skin irritants – While your scalp is healing, avoid irritants that could cause inflammation and disturb the healing process.

What you can do is carefully shave or cut your hair if needed. You should also continue rinsing lightly with water and soap to clean the area. Applying a moisturizer will also help the healing stage during this time. Just make sure it's fragrance free. You can also resume working out with light exercise.

Day 10 and Onward

After 10 days, your scalp should be healed enough to return to your normal routine. You may be scheduled for your next treatment session after 10-14 days. However, your next treatment date will depend on how it has healed so far. Before your next follow-up session, you'll be requested to wash your head and cut your hair.

Feel free to contact OTM Skin if you have any questions during healing.