
Your SMP aftercare

Follow these steps for 28 days after every session. Good aftercare helps the pigment settle evenly and is a big part of getting a great result.

Days 1–4

KEEP IT DRY

Let it settle

- ✓ Don't wash or wet your scalp.
 - ✓ Avoid anything that makes you sweat: the gym, heavy work, saunas and hot baths.
 - ✓ Don't touch, scratch or pick your scalp.
 - ✓ Sleep on a clean pillowcase.
 - ✓ Keep out of direct sun. If you need a hat, wear a loose, clean one.
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From day 5

GENTLE WASHING

Back to normal, gently

- ✓ Wash gently with lukewarm water and a mild, unscented shampoo, then pat dry.
 - ✓ Shave with clippers or a foil shaver. Wait 10 days before wet shaving.
 - ✓ Light exercise is fine if you don't sweat heavily on your scalp.
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What's normal

WHILE IT HEALS

Don't worry about

- ✓ Redness for a day or two.
- ✓ Small flakes as it heals. Let them fall away on their own.
- ✓ Dots that look darker at first. They soften over the next few weeks.
- ✓ Some fading between sessions. That's why SMP is built up over several sessions.

Until day 28

PROTECT IT

Avoid

- ✓ Swimming, saunas, steam rooms and sunbeds.
- ✓ Strong sun on your scalp.
- ✓ Scrubs or exfoliating products on your scalp.

Long term

KEEP IT SHARP

Looking after your result

- ✓ Use SPF 30 to 50 on your scalp whenever it's in the sun.
- ✓ Once healed, moisturise with an unscented moisturiser.
- ✓ Avoid exfoliating products such as AHAs and retinol on your scalp, as they can fade pigment.
- ✓ Keep your hair short to keep the look sharp, and book a top-up when it starts to soften.

Your sessions

USUALLY 1-2
WEEKS APART

SESSION 1

DATE

TIME

SESSION 2

DATE

TIME

SESSION 3

DATE

TIME

WHEN TO GET HELP

Some redness and tenderness is normal for a few days. If you notice spreading redness, heat, swelling, pus or a high temperature, contact your GP or call NHS 111, and let us know.

This is general advice. Always follow any specific instructions your practitioner gives you.

Questions about your healing?

Message @blacklineclinic on Instagram.

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