

Getting ready for your SMP

A few simple steps help your session go smoothly and give the pigment the best possible start.

The week before

LOOK AFTER YOUR
SCALP

Keep your skin calm

- ✓ Keep your scalp out of strong sun. We can't treat sunburnt skin.
- ✓ Stop using scrubs, retinol, acids or other active products on your scalp.
- ✓ Using a hair loss treatment? Tell us before your session. Don't stop any prescribed medicine without speaking to your doctor.
- ✓ Let us know if anything about your health or medicines has changed.

The day before

PREPARE

Set yourself up

- ✓ No alcohol for 24 hours before, as it can make you bleed more.
- ✓ Cut or shave your hair to the length we agreed. If you wet shave, do it the day before, not on the day, so your skin isn't irritated.
- ✓ Get a good night's sleep.

WHAT TO EXPECT

We'll draw your hairline on and agree it with you in the mirror before any pigment goes in. Most people find SMP uncomfortable rather than painful, and you can take a break whenever you need one.

On the day

2 TO 4 HOURS

Come comfortable

- ✓ Wash your scalp with a mild shampoo, and don't put anything on it afterwards: no oils, moisturiser or sun cream.
- ✓ Eat a proper meal beforehand, and bring a drink and a snack.
- ✓ Go easy on coffee and energy drinks.
- ✓ Wear a dark top that buttons or zips up, so you don't pull anything over your head afterwards.
- ✓ Bring headphones or something to watch.

Let us know

IF YOU NEED TO MOVE

Please rebook if you have

- ✓ A cold, flu or high temperature.
- ✓ Sunburn, spots or a cut on your scalp.
- ✓ A flare-up of psoriasis, eczema or another scalp condition.
- ✓ Found out you're pregnant.

Give us 48 hours' notice if you can, and your deposit moves to your new date.

Your next session

WRITE IT HERE

DATE

TIME

Questions before you come in? Ask us anything. There's no such thing as a silly question.

Questions before your session?

Message @blacklineclinic on Instagram.

Blackline Clinic, Milton Keynes

