Ziering Medical has developed the following pre and post care instructions for your convenience. Please read and follow carefully as they are designed to help you maximize the result of your procedure.

If you have any questions, please feel free to contact our office at 800-642-9942.

Pre-Treatment

PLEASE REFRAIN FROM ASPIRIN, VITAMIN E, ALCOHOL, CAFFEINE AND OR BLOOD THINNERS FOR 5 DAYS PRIOR TO YOUR SCALP MICROPIGMENTATION SESSION.

Post-Treatment

Scalp Micropigmentation may require two procedures for optimal results and refinement. Scabbing is a normal part of the healing process, and it is not uncommon for some of the pigment to scale off with the scabbing. It is normal to retain 70 – 80% of the pigment while the 20 – 30% may be exfoliated with the scabs. Some patients may retain less than 70% with their initial treatment, although the second treatment typically retains considerably better. A second treatment for optimal results should be scheduled 4 – 8 weeks post procedure.

Pain Medication

• Should you experience any discomfort, you may take an aspirin-free medication such as regular or extra-strength Tylenol.
• Do not take the pain medication while driving, working or operating any machinery due to possible drowsiness.
• Do not take any medications that contain ASPIRIN for 10 days.

Exercise

• For 5 days after your procedure, refrain from any strenuous activities that would increase your blood pressure, i.e. jogging, stretching and weightlifting. When picking up items from the floor, bend at the knees while keeping your back straight to avoid having your head going below the level of your heart.
Bleeding

- Slight bleeding or oozing may occur from the treated area; this is completely normal and will subside within 24 hours.

Shampoo and Hair Care

- Do not wash the treated area for three days post procedure; you may though rinse the area by using a cup to gently pour lukewarm water over the treated area.
- You may begin to wash the area with non-alcohol based shampoo 3 days after your procedure. (Avoid using any shampoo which contains alcohol for 2 weeks after the procedure).
- Do not use styling products such as gels creams, hairspray or concealing products such as Toppik for 2 weeks post procedure.
- Do not use of Minoxidil, Formula Z82, or Rogaine directly on to the treated area for 2 weeks following the procedure.
- Hair coloring products should not be used until 4-5 weeks after procedure.

Healing

- Allow the area to be open to the air as much possible (NO PROLONGED SUN EXPOSURE FOR 6 WEEKS)
- Slight redness/tenderness may occur following the procedure, which typically lasts up to three days.
- Avoid saunas, swimming, hot tubs, and chlorine, (chlorine can generally speed up the fading in the area treated), NO facials, Botox or harsh chemical procedures should be performed to the treated area for 4 weeks following your procedure.
- Do not rub, pick or scratch the treated area following the procedure.

Swelling/Reusable Ice Pack

Swelling is part of the healing process. The degree of swelling varies with each patient from mild to pronounce. To minimize the degree of swelling you should do the following:

- Apply ice packs, wrapped in a clean cloth as frequently as possible above the eyebrows.
- If significant swelling persists after 3 days, discontinue the ice and use warm compresses.
- Sleep with your head elevated at a 45 degree angle for 3 nights following your procedure. This can be done by using at least three pillows supporting your back and neck in bed. You may also use a travel pillow.
NOTE:

All permanent cosmetic procedures will initially appear larger, brighter, or darker than what is expected for the desired final outcome. It will take time for this transition, based on how quickly the outer layer of your skin exfoliates. Photos will be taken on the day of your procedure, and immediately after for medical charting purposes and to track your progress.

The procedure results will last 12 – 36 months varying on skin type and chemical products used daily on scalp.

If redness, excessive swelling, blistering or excessive bruising occurs contact our office at 800-642-9942.

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