




Before Your SMP





SMP is not a medical procedure, but it is performed in a medical office setting. We provide **light sedation** and a pain-free experience with **local anesthesia**. You will also be offered a **cortisone injection** to minimize any swelling, redness, or mild itching. All of these medications are optional.

Guidelines to Follow




Do not:


-  Put any hair products in your hair, such as hair spray, gel, etc.
 -  Apply any concealers, such as DermMatch or Toppik.
 -  Drink alcohol, energy drinks, or coffee 24 hours before your procedure.
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Do:

-  Decide on a particular hair style that you'd like to have. This will help us identify which techniques and which inks to use during your procedure.
 -  Make sure your skin is in good condition.
 -  Wash your hair and scalp on the day of, or the day before, your procedure.
 -  Feel free to have a light breakfast before your arrival. You **do not** need to fast.
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Be prepared:

-  For the SMP procedure to take well over 6 hours, sometimes in uncomfortable positions.
 -  To receive **local anesthesia, light sedation, and cortisol** (all are optional). If you opt for sedation, avoid driving yourself to the procedure.
 -  For a midday lunch. We serve food from local eateries. You may also bring your own food if you have any special dietary needs.
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-  Arrange for transportation back home with a friend, family member, or Uber/Lyft/Taxi after the procedure. Please let us know 24 hours in advance if you need assistance.