SKINART / FREE LEARNING RESOURCES

Aftercare questions & review planner

SMP: record the instructions you receive and prepare your follow-up questions.

Keep this sheet for yourself. No answers are submitted to Skinart.

Appointment / session date

Practitioner and contact details

1 Before you leave

Where can I find my written instructions?

What cleaning, products and activity instructions apply to me?

2 If you have a question or notice a change

What changed? When did I notice it? What do I need clarified?

Who did I contact? What response or next step was agreed?

3 Plan the review

What is the review date and purpose? What should I bring?

What is included? Are there optional charges to confirm?

STUDENT PRACTICE

Use a fictional appointment to practise a clear handover. Separate questions for the practitioner, questions for your tutor, and concerns needing healthcare advice.

This sheet records instructions; it does not provide an aftercare treatment plan.

If symptoms worsen or you feel unwell, seek healthcare advice promptly rather than waiting for a routine cosmetic review.

Read the guide: skinarttraining.com/us/articles/scalp-micropigmentation/scalp-micropigmentation-healing-process-what-to-expect/

Background: FDA, Tattoos & Permanent Makeup: Fact Sheet | Skinart Training | 27 October 2026