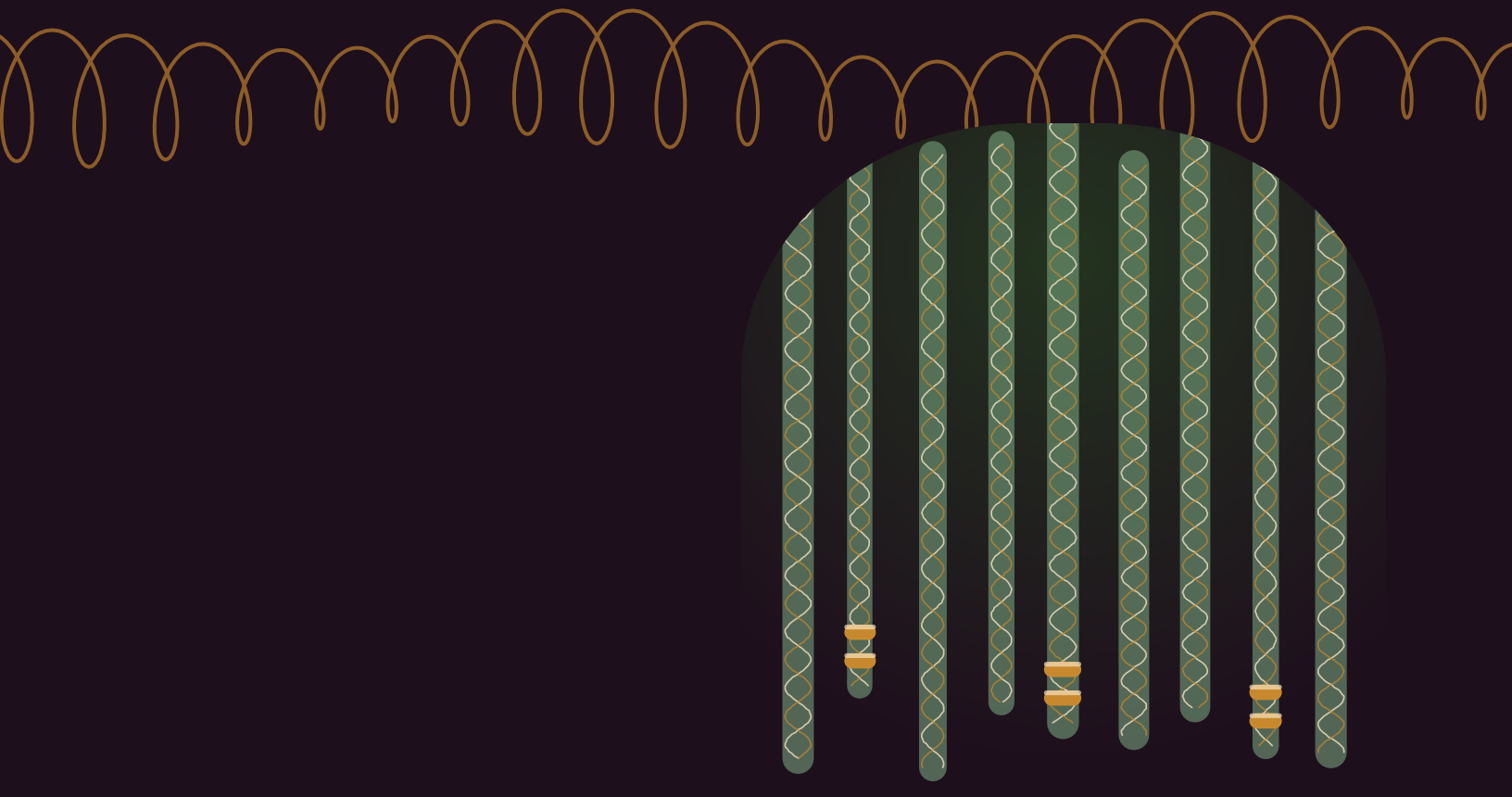
Choose your path

Protect the roots. Respect the journey.

Traditional locs, microlocs and Sisterlocks. Pick the method you can keep up comfortably, not just the look you love on day one.



Locs are for anyone.

This guide covers maintained traditional locs, microlocs and Sisterlocks. Freeform locs are outside what we cover here, not outside anyone's right to wear them.

Choose with the upkeep in mind.

Type	Ask	Plan for
Traditional locs	Starting with coils, twists, braids or something else? How will that start change as they lock?	Section size, density, unraveling, washing, drying and how they'll be maintained.
Microlocs	How small are the sections? How long will installs and retightens take?	The budget, the skill needed, fragile areas and whether the ongoing time fits your household.
Sisterlocks	Is the consultant trained in that specific system? What are the starter and home-care rules?	Consultation, install, follow-ups and method-specific care. Not every small loc is a Sisterlock.

Sources Sisterlocks · Sisterlocks are resilient

Keep the scalp clean, even early on

01 **Get the starter wash plan**
Ask your loctician to show you how to wash this install without unraveling it. Don't leave a dirty, itchy scalp unwashed just to protect a starter pattern.

02 **Wash with finger pads, not force**
A suitable cleanser, gentle finger pads, a thorough rinse. Dense sections need patient rinsing, not stronger product.

03 **Dry them all the way through**
Squeeze with a clean, low-lint towel. Give the roots and the inside of each loc time to dry, with gentle drying if needed. Never bundle or tightly cover soaking-wet locs.

04 **Separate only the way you were taught**
Follow the method for keeping roots from joining. Don't rip joined roots apart or improvise tools near the scalp.

05 **Don't chase every fuzzy root**
Retwisting and interlocking are different techniques, and neither is safe at any tension or any frequency. Let an experienced loctician teach you and handle the tough areas.

Sources Sisterlocks · Sisterlocks are resilient · AAD · Hairstyles that pull can lead to hair loss

Catch changes early

Thinning or tenderness

Pause retightening and tight styles. A loctician can check technique; thinning, sores or scalp changes that last also need a dermatologist.

Buildup and lint

Small amounts of products that rinse clean. Skip heavy wax and butter. A harsh “detox” soak doesn’t tell you what the residue is.

Swimming and sports

Secure them without weight or pulling, rinse after the pool, and leave time to dry. Starter locs vary, so get a plan before regular swimming starts.

Repairs or removal

Ask about time, cost, shed hair and breakage before combing out, combining, reattaching or cutting. Not every loc has to be cut off, and not every loc can come out intact.

Three separate clocks

Washing follows the scalp and activity. Maintenance follows the method, new growth and your loctician’s plan. Styling backs off when the roots are sore. They don’t all happen at one appointment or on one monthly date.

A satin or silk cover is an optional extra if it fits safely. Keep it clean and skip tight bands. For kids, comfort, weight, small parts and supervision matter more than polished locs.

Sources Sisterlocks · Sisterlocks are resilient · AAD · Hairstyles that pull can lead to hair loss

Supporting sources

Checked October 26, 2026. Source roles and limitations are part of these instructions.

Sisterlocks · Sisterlocks are resilient · March 24, 2020
https://www.sisterlocks.com/blog/sisterlocks-are-resilient
Written in the context of delayed appointments. Useful for cleansing, separation, and consultant support; not a universal maintenance calendar.

AAD · Hairstyles that pull can lead to hair loss · Date not displayed
https://www.aad.org/public/diseases/hair-loss/causes/hairstyles
Tension and early warning signs apply across hairstyles. A professional installation does not remove traction risk.

Keep the routine close.

This guide lives online too, with every path, the full kit and the sources behind each step. Scan to open it on your phone.

thedadsystem.org/haircare/locs.html

The Dad System · Small systems. Deeper connection. General education, not medical advice; this guide has not been medically reviewed. Artwork is original and generated in code.