



Aftercare

Over the next 14 to 21 days your tattooed area will go through three stages of healing:

1. **Heal:**

The body's natural defenses will create fine scabs to protect the area whilst healing.

2. **Peel:**

After approximately 10 days, when the tattooed area is healed, the outer layer of skin will fall off.

Do Not Pick at the treated area as this will result in pigment loss.

3. **Fade:**

Once the skin is healed and any fine scabbing has fallen off the tattooed area, you will see a lighter shade of the implanted color. After 4/6 weeks the pigment in the tattoo will have settled and this will be the color of your nipple and areola.

What should you expect after the procedure?

There may be some soreness, swelling and redness. Any visible swelling and redness resolves within 6-12 hours. Soreness may linger for a day or two, over the counter medication may be used as needed following the dosing recommendations on the bottle

Skin care instructions Days 1-10

(For maximum results, please adhere to the post-care instructions)

To prevent infection, try not to touch the pigmented area with your fingers until it is completely healed.

Apply a thin layer of Aquaphor 2-3 times daily and before bathing (always using a clean cotton swab/Q-tip, until the area has healed). Dab off excess product with a tissue. Overuse of Aquaphor will not let the area heal properly. Continue to apply Aquaphor until the scab falls off to avoid loss of pigment.

- Avoid sleeping on your stomach.
- Steam and hot water can potentially cause the color to fade prematurely. Avoid getting shower gel/cleanser and water on the area as much as possible. Do not use soap, saunas, steam rooms, Jacuzzis/hot tubs, or engage in hot yoga, swimming in chlorinated pools, oceans or lake water for 7-10 days or until the area has completely healed.

- Do not rub or traumatize the procedure area while it is healing, as pigment may be removed along with crusting tissue.
- Ice may be used to relieve swelling.
- Mild tenderness and discomfort is normal as the tissue heals. Please contact your aesthetician and/or physician immediately if you experience symptoms such as intense itching, swelling, blistering, severe redness, excessive heat/warmth, a migrating red ring or any other complications.
- Remember all procedures must heal, peel and fade. The tattoo will be much darker for the first 7-10 days or until the tissue has healed due to a mixture of blood, lymph (clear, watery fluid) and stained pigment on the skin surface. After the area peels, the color will be softer. Most tattoos fade up to 30% within the first 6-8 weeks
- Permanent make up procedures are generally one to three visits.
- Use sun block after the tattoo has healed to prevent future fading of pigment color (if exposed to sun or tanning bed).