



Aftercare. Nipple & Areola Micropigmentation Tattoo)

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 a approximately 10 days, when the tattooed area is healed, the scabs will fall off.

Do Not Pick off the scabs from the treated area as this will result in pigment loss.

3. **Fade:**

Once the scabs have finely healed and 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.

You may decide to have further tattooing to add more color and this will be discussed at your follow up appointment with the breast reconstruction nurse.

What should you expect after the procedure?

The dressing, which is applied immediately after tattooing, should remain in place for 2-3 day as the areola area may continue bleeding. The dressing is waterproof so you may shower with it on.

Skin care instructions

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

After 2-3 days you may remove the dressing. As it is an adhesive dressing you may wish to do this in the shower.

Gently use a warm cloth to pat away the excess blood, lymph (clear, watery fluid) and stained pigment on the skin from the procedure area every morning and night. To prevent infection, try not to touch the pigmented area with your fingers until it is completely healed. Keep the pigmented area clean and dry.

You may 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.
- Any clothing coming into contact with the area should be freshly laundered and changed daily.
- 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.
- Avoid vigorous exercise, bouncing movements or any movements that may stretch the breast area (chest exercises) until the area has healed. Usually this can take up to 10 days post-treatment, but might take longer. Do not rub or traumatize the procedure area while it is healing, as pigment may be removed along with crusting tissue.
- Ice and hot packs 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
- Breast Areola Tattoo 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).

Day of Procedure

- Please allow 3-4 hours in your schedule. Spouses, significant others, friends or family members are able to be present for the consultation portion of the appointment only.
- The visit includes, consultation with procedure explanation, color and circumference size selection for the areola(s) and nipples (if not reconstructed), pigment scratch test to determine possible allergies, pre/post procedure photos, antiseptic cleanse, topical numbing of the area (s) before and during the procedure. Little to no discomfort is experienced, other than possible needle vibration.
- You may bring a music player with ear buds for relaxation. Contact your physician prior if anti-anxiety medication may be needed.
- After your procedure, an after-care kit and post-procedure tattoo dressing with Vaseline, soft gauze and paper tape will be administered. If possible, avoid wearing a bra post-procedure and during the healing process. Whenever possible, let the area be exposed to air to aid in healing.