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**CLIENT POST-PROCEDURE INSTRUCTIONS
AREOLA AND NIPPLE MICRO-PIGMENTATION AFTER CARE**

First 48 hours following procedure:

1. BEFORE SHOWERING: with a cotton swab, gently cover areolas with a thin coat of A&D Ointment, Vaseline, or Aquaphor.

WHEN SHOWERING, Keep your back to the shower spray, do not let hot water spray directly onto your tattooed breasts. Thoroughly wash your breasts with mild soap such as Cetaphyl or baby shampoo. **DO NOT** use anything astringent.

Continue to rinse until all surface blood, ointment and soap have been removed.

DRY around the tattoo by blotting very gently with a damp (using distilled water) white paper towel. Continue to air dry for 15 to 30 minutes (or use a hair dryer on a low setting) until tattoo is dry (tattoo will feel taut or tight when it is thoroughly dry).

2. APPLY ointment in a **thin**, light coat by gently rubbing it onto the areola with a cotton swab. Cover with a non-stick bandage.

Tattoo should feel moistened but not heavily coated. Use the A&D ointment provided. If the ointment burns or hurts in anyway, stop using it immediately and call me. Vaseline or Aquaphor can be used as well.

3. All tattoos weep body fluids and it is important to blot these fluids off with a damp (with distilled water) white paper towel periodically throughout the day for 5 – 7 days.

*If you are at work or somewhere that you cannot wash with soap and water and rinse well enough, then use a fragrance free baby wipe or **damp** paper towel to blot and clean the area. Be careful not to use pressure*

4. REBANDAGE with non-stick pads whenever you have to wear clothing over your tattoo (such as a bra). Avoid tight clothing if possible.

VERY IMPORTANT: While your tattoo(s) is covered, it is healing at a much slower rate, so whenever possible, expose the tattoo to the air or cover with a loose fitting, soft, white cotton T-shirt. Go dry at night. And try to sleep on your back.

Aftercare Options on day 3: Continue with Non-stick pads and ointment through day 5 **OR:**

1. Shower using a gentle soap (listed above in step 2.) Allow breast(s) to air dry or use a hair dryer at a low setting. Use 3M Cavilon No Sting Skin Barrier Film Spray directly on areolas. Allow to completely dry. The Cavilon Barrier Film will protect the areola for at least 72 hours and is waterproof. Tegaderm Transparent Film Dressing is another option.
2. After day 5, let the 'girls' dry out to continue healing on their own. No more ointments. Still, gently blot them with a damp paper towel periodically if you notice they still appear to be weeping. Let them completely dry heal now.

What should you expect afterwards?

1. SLIGHT SWELLING and redness following the procedure and the skin may feel tight and sensitive, these symptoms will ease within 1 – 7 days depending on how sensitive your skin is and how much post surgical feeling has been preserved. Tylenol or ibuprofen may be in order.
2. For 10 days (or until peeling is complete) DO NOT expose your tattoos to dust or dirt. DO NOT exercise or cause sweat in the area of your tattoo. NO mud wrestling or washing the dog... you get the idea. Just try to keep sweating to a minimum if possible.
3. PEELING or scabbing may begin in about a week. **DO NOT PICK, PEEL, RUB OR SCRATCH** the epithelial crust, ALLOW IT TO FLAKE OFF ON ITS OWN, otherwise your color may heal unevenly and you risk infection. *It is important that the healing process takes its natural course!* As the pigmented area of the skin heals and dries, it forms a scab. This can last for 14 – 21 days and the dead cells (the scab) will come off as healing takes place. **Scarring can occur if the scabs are removed or knocked off prematurely resulting in color loss. Allow them to fall off naturally to preserve color.**
4. Some itching is normal. You may consider taking Benadryl if that helps.
5. You will then notice slight fading of the pigment and softening of the color. Your tattoo may have a waxy or shiny appearance when it first peels and this is normal.
6. DO NOT expose your tattoos to the sun, tanning beds, lake water, ponds, oceans, hot tubs, pools, and saunas *for the first two weeks of the healing phase until there is no longer any scabs or crusting present. There is a great risk of infection as well as lack of pigment retention as a result.*
7. **Gently pat dry following showers or baths – even 5 and 6 months after tattooing procedure, allowing optimal time for healing.** *(From the voice of experience!)*

Colors appear brighter and more sharply defined immediately following the procedure. As healing progresses, color will soften. Final results cannot be determined until healing is complete in about 6 weeks. Color may be uneven after healing and this can be addressed at the touch up treatment.

I am happy that you chose me for your areola restoration procedure. It is important to remember that permanent makeup is an art and not an exact science. Two important factors will contribute to the success of your final outcome and are reliant on:

1. How well you follow the post procedure instructions and;
2. Your own body's ability to retain the pigment (which varies from person to person).

In most cases, a touch up visit may be necessary. It must be completed within a reasonable amount of time after the initial procedure is complete, but cannot be done before 6 weeks.

If you have questions about healing or an unexpected reaction or possible infection, immediately notify Pam Winnie and your doctor. If you have any questions, please don't hesitate to call me. Thank you!