



### 3D Areola Aftercare Information:

Areola and nipple tattooing is a micropigmentation process that involves implanting a small amount of pigment under the surface layer of the skin to create a realistic, 3D nipple reconstruction that lasts for years.

#### Immediately after:

You may experience some bleeding or accumulation of lymph fluid. Slight swelling and redness following the service is normal. The skin may feel tight and sensitive; these symptoms will dissipate within 1-7 days depending on how sensitive your skin is and how much post-surgical feeling has been preserved. You can use Tylenol or Ibuprofen as needed.

The healing process will last for the next 21 days. You will experience some degree of each of the healing stages. These stages are; healing, peeling, and fade.

#### Treatment Day - Day 3:

A clear tegaderm bandage will be placed over the areola. Try to leave this bandage in place until day 3. If that bandage comes off before day 3 on its own, that is ok, no need to replace it. If the bandage becomes saturated from bleeding or lymph fluid use clean hands to gently remove the bandage. Pat the area dry with clean gauze, apply a small amount of vaseline or aquaphor with q-tip to tattooed skin and apply a new clear bandage. After day 3 remove any bandages and continue with next aftercare instructions.

#### Day 3 - 10:

- Gently wash areolas with unscented baby shampoo or cetaphyl morning and night.
- Blot dry with clean gauze or paper towel, do not rub or scrub the area.
- After cleansing, allow skin to air dry for about 10 minutes before applying a small amount of vaseline or aquaphor with a clean q-tip.
- Try to avoid wearing a bra or tight clothing for 7 days. If irritation from clothing occurs, you may use a small piece of plastic wrap to cover the areolas to provide protection from friction.
- Avoid sleeping on your stomach during the healing period.
- All tattooed areas will weep clear fluid in the early stages of healing. If needed, blot off any excess fluid with clean gauze or paper towel throughout this healing stage.
- When showering, keep your back to the shower spray. Do not let hot water spray directly onto your areolas.



- Peeling will begin in this stage, do not pick, peel, rub, or scrub the skin off, allow it to come off on its own.
- Some itching is normal but avoid touching or scratching the area. Gentle pressure or a cool, damp washcloth may be applied for 10 minutes to provide relief, if needed.
- Avoid strenuous exercise or any activity that may cause you to sweat for 2 weeks.

#### Day 10 - 21:

- Continue to avoid direct sun exposure to the areolas.
- Avoid tanning beds, lake water, ponds, oceans, hot tubs, pools, and saunas for at least the first 2 weeks and until all scabbing and crusting is gone.
- Allow any peeling or scabbing to come off on its own.
- You will notice slight fading of the pigment and softening of the color. Your tattoo may have a waxy or shiny appearance when it first peels, which is normal.
- Gently pat dry following showers or baths for even up to 6 months after treatment in order to promote good skin healing.
- Colors appear more bright and 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 but this will be addressed at the touch up service.
- Touch ups will be scheduled 6 weeks after the first treatment.

If you experience any other symptoms or have concerns about infection please contact me.