

Post-Care Instructions for 3D Areola Restoration



There will be some aftercare responsibilities for you to do at home following your tattoo. It is important to understand what to expect immediately after your service as well as in the days to come.

Immediately after:

- It is not uncommon for the area to have some bleeding the first day
- Slight swelling and redness following the service is normal. 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.

For the first 5 days following your service:

- When showering, keep your back to the shower spray. Do not let hot water spray directly onto your tattooed breasts.
- Gently wash your breasts with mild soap (baby shampoo or Cetaphyl). DO NOT use anything astringent.
 - Continue to rinse until all surface blood, ointment and soap have been removed.
- Blot dry after shower using paper towel or allow to air dry for 15-30 minutes until tattoo is completely dry. Your tattoo should feel taut or tight when it is thoroughly dry.
- Apply ointment in a **thin**, light coat (not more than the size of a pinhead), by gently rubbing it onto the areola with a clean cotton swab.
 - Tattoo should feel moist but not heavily coated. Use the ointment provided. If the ointment burns or hurts in any way, stop using it and contact me immediately.
- During the daytime, re-bandage with non-stick pads whenever you have to wear clothing over your tattoo, (such as a bra). Avoid tight fitting clothing if possible.
- During the evening, apply a thin layer of ointment (not more than the size of a pin head), to the tattoo and cover with plastic wrap. Try to sleep on your back.

*** All tattoos weep bodily fluids. You will see these fluids each morning on the plastic wrap. It is important to blot these fluids off with a damp (with purified water), white paper towel periodically throughout the day for 5 days.

*** Be careful not to use pressure

Very important: While your tattoo 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.

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.

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In addition:

- 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. Keep the sweating to a minimum.
- Peeling or scabbing may begin about a week after your service. 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.*
- Some itching is normal. You may consider taking Benadryl if that helps.
- 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.
- Keep the girls out of the sun, tanning beds, lake water, ponds, oceans, hot tubs, pools, and saunas for the first 2 weeks of the healing phase until there are no longer any scabs or crusting present! There is a great risk of infection as well as lack of pigment retention as a result.
- Gently pat dry following showers or baths. Even 5 and 6 months after tattooing – this allows optimal time for healing.
- Colors appear 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 service.

THANK YOU for choosing me for your areola restoration service! It is important to remember that permanent makeup is an art and not an exact science. Two important will contribute to the success of your final outcome and are reliant on:

1. How well you follow the after-care instructions
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 any questions about healing or an unexpected reaction or possible infection, immediately notify me and call your doctor. If you have any questions, please don't hesitate to contact me.