

Scar/Stretch Mark Camouflage; Before, During, and Aftercare

SIMPLE GUIDE TO BEFORE DURING AND AFTER CARE MEDICAL AND COSMETIC TATTOOS



SKIN CAMOUFLAGE for Scars, Stretch Marks, Vitiligo & Other Skin Discolorations

If you Schedule a Camouflage Scar & Stretch Mark session you will also receive more information for Before & Aftercare separately to make it a little easier to navigate. This is just a breakdown of all the information so you can take a once-

over.

PRE-CARE Before your Appointment

- **Exfoliate** 3 days to a week before to get rid of any dead skin cells on your body
- Shave/wax areas, no laser treatments at least 4-6 weeks before working on the treated area
- **No tanning** a week or 2 prior. Please make sure your skin is not tanned so that we can Match your correct skin tone.
- Try and have **no alcohol** a couple of days before & **NO blood thinners** 3 days before your appointment
- **Wear loose clothes** the day of the appointment; the areas treated will be slightly tender.
- Please **eat** a healthy, well-balanced meal before we meet and **drink lots of water**.
- **No lotion**, oils, or sweat on the skin.
- **No Antibiotics=** Being on antibiotics 20 days before treatment and 40 days after the treatment can slow down the healing process
- **No Intense Working out=** Weight lifting and strenuous exercise should be avoided at least 2-3 days before your session. Putting strain on your muscles can cause swelling and soreness, which may heighten the sensation of the tattoo and increase healing time. It can also cause your skin to stretch slightly, resulting in your tattoo being distorted when your skin returns to normal.
- *****Just a reminder:** Pain receptors are heightened if you're menstruating, so please plan accordingly for procedure dates to avoid added discomfort. This goes the same if you have had a Covid Shot or Booster in the past 30 days***

DURING Your Skin Camouflage Appointment

- We will use a numbing cream, so you should feel little to no pain,
- We will make you as comfortable and relaxed as possible during your treatments. Some people actually fall asleep during their sessions!
- The Color: We will evaluate your skin color at the beginning of each session and custom blend a color to match your skin tone. Or, if it's a dark scar, we will start the lightning process before going into the color matching.
- During each appointment, Using an electric machine with a fine precision needle, a layer of pigment is added to the skin. This will be done until completely camouflaged and the skin tone matches.
- You will be given aftercare & instructions on how to properly care for the area.

POST-CARE Aftercare Instructions for a Quicker Healing Time

It's a good idea to get familiar with how to take care of your medical tattoo (micropigmentation) after your procedure! Take a look at the aftercare so you can prepare yourself for what's to come after your session.

Basic Information

- Be sure to wash your hands thoroughly before touching your procedure area(s) to avoid infection.
- Do not shower for 24 hours if possible. If showering in the first 24 hrs keep the area treated as dry as possible
- First 3 days, cold compress the areas at least 3x daily for 10 minutes or as needed to reduce swelling. NO ICE just use a cold compress or ice-cold water.
- If the treatment area is left uncovered, apply a thin layer of Aquafor (or something similar) 2-3 times daily with a gloved or cleaned hand or clean Q-tip for the first 3 days. We will supply you with aftercare to use in the first few days.
- If uncovered, gentle soap can be used if needed. Pat dry only.

Things to Avoid After your Session

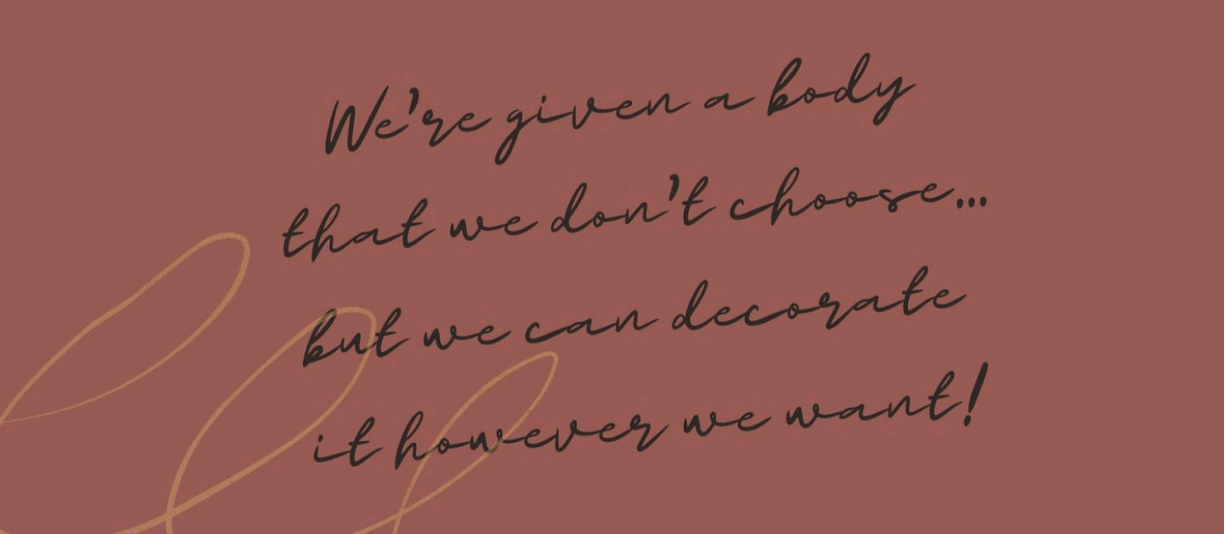
- Do not submerge the treatment area in water for at least 7 days. This includes baths, pools, hot tubs, etc
- Avoid heavy exercise for 3 days as excessive sweating can pull the pigment out. Keep a towel handy to pat dry the area while healing in the first 2 weeks when working out. Try to gently wipe off sweat as soon as possible.
- Avoid harsh soaps, ointments, and lotions (other than those noted above) on the affected area for the first 7 days. Also, DO NOT use Neosporin or Bacitracin, antibiotic creams. They will pull the pigment out.
- DO NOT pick at the newly forming scabs as your procedure heals! DO NOT scrub, rub, or any form of picking at the epithelial crust that forms. Instead, allow it to flake off by itself. Doing so will pull the pigment out! This is extremely important.
- Avoid exposure to the sun. It is imperative that you do not expose your re-pigmented skin to direct sunlight, tanning booths, or any products which increase melanin (what gives your skin its color). After 10 days, wear sunscreen daily to maintain the integrity of the pigments.
- Avoid makeup of any kind on your medical tattoo for 7 days following your procedure.
- After 14 days, if you laser, you need to be sure the laser professional know your ink has Titanium Dioxide in it, as the laser treatment can affect the pigment.

Please Remember - This is NORMAL

Stretchmark/scars will be dark during the healing process. Please don't panic. This can last up to 60-90 days until your skin is fully healed to its new fabulous skin tone! The process of Hyperchromia can be a natural part of the healing process. Though it can happen at any time during the healing stage it tends to be around the 2-3 week mark.

- Slight swelling, itching, scabbing, light bruising, and dry tightness one week after the procedure.
- Very dark and slightly uneven appearance.
- Color change or color loss. As the scars & stretch mark area heals, the ink may turn red, then pink, then brown, or purple. Again...This is normal
- The procedure area has to be completely healed before addressing any concerns. This takes at least two months (or 45-60 days) but could possibly take longer depending on your skin. Although we can get you in for your touch-up sessions sooner than that just remember final healing time takes at least 45-60 days after the last session.
- Failure to follow aftercare instructions may result in infections, pigment loss, or discoloration.

***If you experience any of the following symptoms, please immediately contact us: worsening redness or tenderness, warmth, drainage, fever, or rash. As always, if you have any questions or concerns, don't hesitate to contact me! ***



*We're given a body
that we don't choose...
but we can decorate
it however we want!*

