

Aftercare for an areola and nipple tattoo involves keeping the area clean, applying a thin layer of provided Tattoo Goo, avoiding picking or peeling any crusts that form, and refraining from soaking in water (like baths or pools) until the tattoo is fully healed, which typically takes around 2 weeks; always follow your practitioner's specific instructions.

Key points to remember for 7 days:

- **Gentle cleansing:**

Wash the area gently with warm water and a mild, unscented soap. Before bed and in the mornings. PAT COMPLETELY DRY with a clean tissue.

- **Moisturizing:**

Apply a thin layer of the provided aftercare to keep the area moist and promote healing. Add another thin layer during the day 1-2x.

- **Do not pick or peel:**

If crusts form, allow them to fall off naturally; picking or peeling can remove pigment and lead to unevenness.

- **Avoid soaking in water:**

Do not swim, take hot baths, or use hot tubs until the tattoo is fully healed. Do not stay in a long hot steamy shower. Shower quickly.

- **Sun protection:**

Once healed, always protect the tattooed area with sunscreen to prevent color fading.

- **Pain management:**

Over-the-counter pain medication like acetaminophen (Tylenol) can help manage discomfort.

- **Physical activity:**

Avoid strenuous exercise or activities that put pressure on the chest while the tattoo is healing. No sweating.

CONCERNS? Call me!! 360.521.1953

THANK YOU!