

LARA JADE BEAUTY

COSMETIC & MEDICAL
TATTOO STUDIO

Have a question? Call or text (647) 905 - 6300

Pre Procedure Instructions for Areola Tattoo

One Week Prior:

- Avoid the following medications and foods, as their consumption causes an increased likelihood of bleeding problems: Steroids, anti-inflammatories, aspirin, ibuprofen, or any medicines containing aspirin or ibuprofen (i.e. Motrin, Advil, Aleve, Excedrin, Midol). Foods and herbal supplements containing garlic, ginger, ginkgo, Feverfew, St. John's Wort, dong quai, pure licorice, fish oil, Glucosamine or Vitamin E (found in all multi-vitamins). Avoid drinking red wine. If you have any questions about a medication or supplement, please reach out.
- It is well known that nicotine has a negative impact on wound healing. It is highly suggested to avoid nicotine for two (2) weeks prior to the procedure and two (2) weeks after your procedure.
- If you are taking any medications that may affect healing or bleeding, and have been prescribed by a physician, please review these with your physician before discontinuing.

One Day Prior:

- Do not drink alcoholic beverages 24 hours prior to the procedure.

Day of Procedure:

- Shower and wash area. Do not use any creams on the breast area.
- Do not work out, consume coffee, or consume any blood thinners (listed above).
- Wear a loose bra and top for your comfort.
- You may want to bring a zip up sweater that you can wear open so you aren't cold.

LARA JADE BEAUTY

COSMETIC & MEDICAL
TATTOO STUDIO

Have a question? Call or text (647) 905 - 6300

Tegaderm After Procedure Instructions

- Tegaderm, a sterile, breathable, waterproof, germ-proof barrier to protect your new tattoo. Leave the Tegaderm on for 3 DAYS - do not lift it, change it or remove it.
- The Tegaderm will protect your tattoo from infection, abrasion, irritation and contamination while it is going through the most important part of its healing. It will also protect your clothes, sheets and loved ones from coming in contact with the excess ink, blood and fluid that are the normal by-products of healing a tattoo.
- You may notice fluid building up inside the Tegaderm. This is normal. The Tegaderm is there to collect it.
- You can perform all your usual activities (including *light* exercise) while the tattoo is covered with Tegaderm. Be sure not to bump or rub your new tattoo excessively, or do anything that will scrape or peel the covering off.
- Showering will not affect Tegaderm; it is reasonably waterproof. You can shower normally while healing. However, do not bathe or swim until your tattoo is fully healed.
- After 3 days, remove the Tegaderm by carefully peeling it off of your skin. Do not quickly tear it off, as this can cause skin irritation. The easiest way to soften the adhesive is to stand in a hot shower for several minutes and remove the covering in the shower.
- After removing the covering, rinse the tattoo thoroughly with warm water and wash, then rinse several times using antibacterial soap and warm water. Gently work any excess material off the surface of your skin using the palm of your hand. While washing, do not use any washcloths, sponges or brushes.
- After patting your tattoo dry with a clean towel, the skin may look shiny. Allow the area to air dry for 45 minutes and then apply a thin layer of the supplied lotion.
- For the next 7-10 days, apply a thin layer of the supplied lotion once a day and again if it feels tight, dry, or itchy. You might notice a few layers of flaky skin peeling, this is completely normal.
- Do not sweat excessively / exercise until the tattoo is healed. This could take up to 10 days. Once there are no more visible scabs, and the area looks like normal skin again, you can resume exercise.

If you enjoyed your experience, please write a review by opening your camera and pointing it at the square. This will open Google review. Ensure you are logged into a gmail (or other) account. *It really means the world to us and helps our small business grow!*



Feel free to reach out to me at any time during the healing process with questions or love!



LARA JADE BEAUTY

COSMETIC & MEDICAL
TATTOO STUDIO

Have a question? Call or text (647) 905 - 6300

Non-Adhesive Aftercare Instructions

TODAY (DAY 1)

- Continue wearing the pads that were placed on you during the appointment today. You will remove these pads in the morning tomorrow.

TOMORROW (DAY 2) & DAY 3

- Remove the pads when you wake up. If your pads do not fall off on their own, wear them into the shower, allow them to fill with water. This allows them to fall off without pulling any color out.
- Rise the tattoo with gentle soap and warm water.
- Once out of the shower, pat dry and allow to air dry for no more than 3-5 mins.
- Use a q-tip to apply a dime size amount of the aftercare ointment to each areola.
- Apply a new, non-stick pad on each area.
- Wear a loose fitting bra to hold the pad in place.
- Wear these pads until the following morning.

DAY 4

- Exactly the same as Day 2/3 however after cleaning the area in the shower please sit topless for 45 min. This allows the skin to completely dry out.
- After the hour, you may wear a loose fitting bra (no pads, no ointment) and get dressed.

AVOID

- Do not rub, pick, touch the tattoo until healed.
- No sweating for one week (or anything that gets the heart rate up)
- Do not submerge in water for 10 days (e.g. Bath, hot tub, swimming pool, ocean etc.)

WHAT TO EXPECT

- You will have a scab form on your areola during the first week of healing. This is normal and expected. Allow the scab to fall off on its own.
- Once the scab has fallen off (and the skin is fully closed), you may begin to apply a gentle lotion to help relieve dryness and itchiness that will follow for the next 2-3 weeks.

If you enjoyed your experience, please write a review by opening your camera and pointing it at the square. This will open Google review. Ensure you are logged into a gmail (or other) account. *It really means the world to us and helps our small business grow!*

