

# Lara Jade Beauty

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## *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 email me
- 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 have been prescribed by another physician, please review these with your physician.

### **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 than you can wear open so you aren't cold.

## *After Procedure Instructions*

See the next page.

*Please write a review by scanning this code (open your camera and point it at the square).  
It really means the world to me and helps my small business grow!*



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## ***Tegaderm Aftercare 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 with a clean towel, the skin should be shiny and dry. 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. Then let it air out and heal naturally. 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.

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