

BEFORE: Without nipple reconstruction



AFTER: With a 3D nipple tattoo



" I Did NOT Have Nipple Reconstruction"

If you chose not to have nipple reconstruction, 3D areola simulation can give you the illusion of nipple protrusion.

" I Had Nipple Reconstruction"

Once your nipple reconstruction is fully healed, areola tattooing can help add color and depth to your reconstructed nipple.



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3D AREOLA TATTOOING

The greatest healing happens when you feel 'whole' again and your self-confidence is renewed. This is precisely what 3D areola tattooing can help restore.

"They look so realistic. Why did I wait so long to do this?"

-D.F.

3D AREOLA & NIPPLE TATTOOING

FREQUENTLY ASKED QUESTIONS

Q: How long before I'm able to go back to normal activity levels?

A: You should be able to resume your normal activities immediately following your tattoo. There is no down time with this procedure. However, there are some restrictions: no soaking in pools or bathtubs for at least 7 days and no vigorous exercise for a minimum of 24 hours.

Q: Will the tattoo needle puncture my implant?

A: No. While your implant is buried far below the subcutaneous tissue, the tattoo needle only goes as deep as the dermal layer.

Q. How long with the areola tattoo last?

A: While some fading will occur within the first 2 weeks, areola tattoos can last anywhere from 8 to 10 years... up to a lifetime without needing a touch up.

Q. Is there anything I can do to help the scarring on my breast that remains after reconstruction?

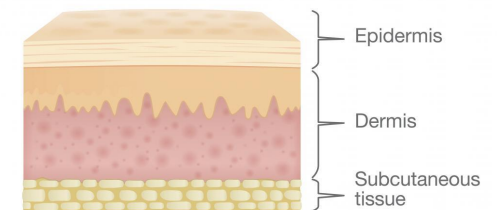
A: For scars that are lighter than the surrounding skin, we may be able to help camouflage your scar at the time of your appointment.



What is 3D Areola Tattooing?

Using a cosmetic tattoo pen, pigment is placed beneath the epidermis of the areola skin and deposited into the dermal layer.

The Layers of Skin



What Types of Pigments Are Used?

We use PermaBlend® pigments which are a specially formulated line of high-quality inks developed specifically for cosmetic tattooing. They contain pure organic, vegan pigments and can be used to match any natural areola shade and skin color.

PRE-PROCEDURE

- You must be completely healed
- At least 6-weeks post-op is recommended
- Final approval for tattooing from your surgeon is required
- Avoid steroids, anti-inflammatories, aspirin, ibuprofen, or any medicines containing aspirin or ibuprofen for one week prior

WHAT TO EXPECT

- **Will The Procedure Be Painful?**
Typically, 98% of patients will have little to no pain in the reconstructed breast. For the 2% who experience discomfort, a topical anesthetic can be applied to maximize comfort.
- **What Are My Color Options?**
For unilateral reconstruction, we match the color of your existing areola. For bilateral reconstructions, you have a wide palette of colors from which to choose. You are not limited to the color that your areolas were prior to reconstruction.
- **What Is After Care Like?**
The area is covered with a waterproof dressing for 3 days. Once the dressing is removed, simply keep the area clean and dry for 7 to 10 days, or until fully healed.

"I still can't get over the nipples...amazing artistry and no pain!"

—J.M.