



Pre-Treatment and Aftercare Advice

Thank you

Firstly thank you for selecting me to do your treatment. I look forward to creating something beautiful for you!

On the day

My studio is located in **Primrose Beauty – 51 Stonecot Hill, Sutton. SM3 9HJ**

On the day of your appointment please come on time, but not too early. There is free parking located in the surrounding roads and 2 hours free parking in ASDA 1 minute walk away.

When you arrive, I should be waiting, but if I am running late, please take a seat in our waiting area.

The procedure can take up to 2 1/2 hours. So leave plenty of time for other arrangements in the day.

Payments preferably to be made on the day by cash or card. Arrangements for insurance companies will be discussed in advance. Please come with your provider number to hand.

Legal Things

Unfortunately, there are a few boring legal things we need to do, to ensure your treatment is safe

1. Do your patch test as soon as received. Any issues, alert me immediately. Sadly, any allergies, will mean we cannot legally do your procedure. Any deposits will be returned if alerted 48 hours prior to booking.

2. Please buy numbing online and apply to area 30 minutes prior to arrival. I recommend buying **Emla or Need To Be Numb**. A 5g tube is enough for each treatment. Sutton council do not allow me to supply.
3. If you are on any medication or have any illnesses, please let me know prior to booking. You might require a doctor's letter to confirm they are happy for you to have a tattoo.

Legally I cannot tattoo some clients on certain medications such as those with a DBS device or pacemaker or with illnesses such as lupus ❤️

Its All In The Prep

As a wound care and plastic surgery nurse with 14 years' experience, I know that skin heals best when happy and nourished.

Skin that is dry, flaky, sensitive, or irritated will take pigment poorly and heal patchy.

Getting your skin in tip-top condition prior to your treatment will ensure great results and reduce need for intense touch ups.

- Moisturize skin with gentle moisturizer on the run up to the appointment.
- Do not pluck, wax, dye or perform electrolysis for 7 days.
- Do not sunbathe, self-tan or burn skin for 7 days before.
- Avoid getting too sweaty 5 days, sauna or swimming.
- Avoid blood thinners such as fish oil, vitamin-e, ibuprofen and aspirin for 5-7 days.
- Try to avoid caffeine on the day... but for me this isn't a must. There is little evidence for this or chocolate causing excessive bleeding 🙄

Aftercare

I will pop a dressing on the areola area. This will need to stay in place for 24 hours.

First Two Weeks

Wash the area twice daily with a gentle non-perfumed soap.

Washing does not remove pigment, but it does decrease bacteria build up, reducing the chance of a nasty infection.

Cetaphil or Simple are perfect options.

Keep the washing brief and ensure the area is patted dry gentle, avoiding rubbing the scabs.

DO NOT use any cleansing products containing acids (glycolic, lactic, or AHA), or any exfoliants.

Once dry, apply a small amount of tattoo healing balm using a clean finger or cotton bud. This should form a thin barely viable layer on the skin.

Keep doing this until skin is healed. This takes 7-14 days.

Try to avoid using make-up on the treated area until healed ❤️

Remember

- Pigments will appear darker for the first few days
- Pigments can appear patchy after first treatment. I will recommend a second appointment with any areola tattoo.
- Swelling is normal and part of healing.
- Redness or excess pain 48 hours after a tattoo is not normal. This is a sign of infection and you should seek medical attention if this happens

If in doubt

Email photos with your concerns or questions to

the.pixel.nurse.pmu@gmail.com

Big Love Laura Jane Powell x

The Pixel Nurse at Primrose Beauty

51 Stonecot Hill, Sutton. SM3 9HJ