



AREOLA RESTORATION AFTERCARE

Over the next 14-21 days your tattooed area will go through 3 stages of healing :

1. HEAL - scabs will form as the body's natural defence to protect the area
2. PEEL - after a few days when the tattooed area is healed the scabs will fall off. DO NOT pick the scabs as this will result in pigment loss
3. FADE - once the scabs have healed and fallen off, you will see a lighter shade of the implanted colour. After 4-6 weeks the pigment will have settled and this will be the colour of your nipple and areola.

There will be a follow up appointment at 4-6 weeks and we can add more colour at that time, if you are looking to do so.

What to expect following the procedure:

The second skin that was applied immediately after tattooing should remain in place for at least 24 hours, as the areola may continue bleeding. Do not get this dressing wet.

What is normal following the procedure:

Slight swelling and redness is normal, and the skin may feel "tight". There may also be edema, burning or itching. If you experience any out of the norm pain, or your symptoms don't subside within 1-7 days, contact your doctor immediately.

THE FOLLOWING INSTRUCTIONS MUST BE CAREFULLY FOLLOWED FOR 14 DAYS AFTER YOUR TATTOO TO ENSURE A SUCCESSFUL RESULT AND TO REDUCE THE RISK OF INFECTION.

24 Hours Post Procedure

- Shower, however don't use soap or soak the area with water
- Keep the area clean and dry. Apply yellow soft paraffin/bepanthen ointment over the nipple and areola
- Do not sleep on your stomach
- To prevent infection, try not to touch the area with your fingers until completely healed
- Stay out of pools, hot tubs and saunas for at least 2 weeks

48-72 Hours Post Procedure

- Clean the area daily using a gentle, unscented antibacterial soap such as PurKleaz or green soap from Eikon Supply
- Using a clean cotton swap, apply bacitracin and a sterile non stick dressing. Tagaderm or Saniderm are ideal options for this as they are designed to only stick to intact skin and allow the wound underneath to heal
- Avoid wearing a bra and wear clean, breathable and loose fitting clothing. If you need to wear a bra it should be clean, not overly tight and made from a breathable fabric
- Avoid strenuous exercise or situations of excessive sweating

4-7 Days Post Procedure

- Using a clean cotton swab, apply petroleum jelly and a non stick dressing to the pigmented area for 4-7 days or until it is completely healed
- You no longer need to apply bacitracin to the area

2 Weeks Post Procedure

- The micropigmented area may fade. This is normal. It takes at least 2 weeks for the colour to reach its final outcome

6 Weeks Post Procedure

- It usually takes 6 weeks for the micropigmented area to heal completely. The area is healed completely when there are no open areas or scabs, and the area feels like your own skin usually does.
- At this point you can return to swimming, hot tubs or saunas

