

*Lr pro*  
INFORMATION

LR PRO STUDIO

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# Paramedical Areola tattooing

Please ensure you've researched permanent makeup and in particular my work before booking in so that your expectations of the outcome are realistic.

Every artist is different, so please make sure you're familiar with my style. Examples can be seen on my Instagram page @lucyrose\_areola or my website [www.lrprostudio.co.uk](http://www.lrprostudio.co.uk).

3D Realism Areola cosmetic tattooing is designed to give the illusion of a real nipple and areola complex. This is a permanent tattoo - please remember that HEALED Pigment UNDER the skin will not look the same as a makeup product or freshly implanted ink sitting ONTOP of the skin. The healed result will look slightly softer/ lighter as the skin heal OVER the pigment. I liken it to a tracing paper effect.

It's important you understand the nature and design of the procedure and are willing to trust the healing process as this is a cosmetic tattoo treatment.

I am really looking forward to helping you with this incredible life-changing treatment and feel confident. Thank you for choosing me to be your artist ❤️

*Cosmetic tattooing*  
HYPER REALISM  
3D AREOLA

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# *Hyper realism 3d Areola tattooing* Treatment info

A hyper-realistic tattoo technique designed for breast reconstruction, correction, or cosmetic enhancement.

3D Realism Areola reconstruction is a permanent makeup service in which Lucy at L R PRO can create a natural looking nipple-areola complex on the skin using extremely advanced tattooing techniques.

The result is a hyper-realistic, natural look, often indistinguishable from a real areola at first glance. 3D areola tattooing is a specialist paramedical tattooing technique that recreates the natural appearance of the areola and nipple using advanced colour blending, highlights, and shadowing. Using advanced skills to give the illusion of depth and texture as well as artistry and design - the illusion of raised tissue is created. This NON - SURGICAL and the results are tailored to skin tone, symmetry and anatomy.

## WHO IS IT FOR?

- Post-mastectomy or breast reconstruction patients: After breast cancer surgery, realism areola PMU can visually restore the areola and nipple, even creating a 3D illusion where there is no physical nipple.
- Breast augmentation: Often, after a reduction, uplift or implants - patient can lose colour in their nipple or areola or might be left with a shape or size they don't like. This treatment can even and correct the appearance of them.
- Correction of asymmetry or pigment loss: Helps even out size, shape, or colour when one or both areolas are faded, uneven, or scarred.
- Scar camouflage: Blends surgical scars into the surrounding skin to make them far less noticeable.
- Gender-affirming procedures. Used after top surgery to create a realistic, masculine or feminine areola appearance.
- Congenital or traumatic absence: For people born without areolas or who lost them due to injury.

All Genders are welcome.



# AREOLA PRE TREATMENT

THIS IS IMPORTANT PRE - TREATMENT INFORMATION. SCREENSHOT OR MAKE A NOTE OF THIS AS YOU'LL NEED TO FOLLOW THESE STEPS AND REFER BACK TO IT BEFORE YOUR TREATMENT.

IF YOU DONT FOLLOW THESE, THE TREATMENT WONT BE ABLE TO GO AHEAD AND YOU MAY RISK LOOSING YOUR DEPOSIT AND BE SUBJECT TO A LATE CANCELLATION FEE.

Permanent cosmetic treatments normally require multiple treatment sessions. For best results, you will be required to return for at least one retouch treatment between 6 - 8 weeks after the initial treatment.

You will be booked in for this Top up following your initial first appointment. By booking this in, you are agreeing and committing to the follow up and agreed time / date.

- NO sun exposure to the treatment area for 4 weeks
- Refrain from blood thinners (asprin, alcohol, vitamin E) for 48 hours prior to the procedure
- Gently exfoliate the area 2 days before treatment to remove the dead skin.
- Use a good moisturiser on the area for at least 2 weeks prior to keep the skin in excellent condition (this will give you the best results possible)
- Scars must be completely healed (at least 6 months) or you need to obtain a doctors note to confirm treatment is ok to go ahead.

# AREOLA AFTERCARE

VERY IMPORTANT!!!!!!! PLEASE SAVE THIS AFTERCARE INFORMATION AND HEALING GUIDE. SCREENSHOT OR MAKE A NOTE OF THIS AS YOU'LL NEED TO REFER BACK TO IT AFTER YOUR TREATMENT.

This immediate aftercare will need to be referred to by yourself following your treatment. Please remember that I have developed this guide to help you the very best I can. Everyone's immune system is different and people will heal at different rates / intensities.

## AREOLA AFTERCARE USING TAGADERM

- Tagaderm is like a 'second skin' Its a brand of sterile, breathable and waterproof transparent film dressing which is used to protect wounds. It acts as a barrier against external bacteria, viruses and fluids whilst still allowing oxygen in.
- This will be applied by me immediately after the treatment. When you get home, please remove this the evening of the treatment. Whilst in the shower (make sure the shower is luke warm and NOT hot) let the tattoo air dry, then reapply a new Tagaderm (this will be provided) This can stay on for 5-7 days. You can shower but do not submerge. The tagaderm should stay on as its waterproof, but do not use steam rooms or saunas.
- IF you release excess lymph (and your tagderm fills up - please dont worry, this is normal) you can change the tagaderm the following day aswell using the same method.
- After 5- 7 days, take off the Tagaderm, wash with gentle soap using clean hands. Air dry, then use adtercare such as 'after inked' morning and night for a few days until the tattoo is no longer dry or flaky.

# AREOLA AFTERCARE

IF YOU ARE ALLERGIC TO TAGADERM - YOU WILL NEED TO FOLLOW THESE

## STEPS INSTEAD:

- If you are allergic to Tagaderm, please follow the same aftercare using standard cling film in replacement for Tagaderm.
- You may need to change the cling film slightly more often.

ALL AREOLA CLIENTS MUST AVOID THE FOLLOWING FOR TWO WEEKS:

- Soaps and cleansers (just wash with warm water)
- Moisturises and SPF
- Picking and rubbing
- Sun and sunbeds
- Long hot showers
- Swimming or Jacuzzis

## WHAT TO EXPECT DURING HEALING:

Colour will appear stronger and sometimes warmer in colour due to the skin being red underneath the tattoo. This will subside over 24 hours and the tattoo will soften gradually over the healing course.

You will release lymph fluid, this is part of the body's natural healing process and it is completely normal - please don't worry. This is why you're asked to change the dressing on the evening of the procedure.

After day 7 when the dressing is removed - the area will look dry and a little flaky. This is normal, you can apply 'after inked' moisturiser twice a day. DO NOT pick or scratch the area.



## *Treatment 2* Retouch / Top up

A retouch is due between 6- 8 weeks to perfect any areas that have not held true to potential, this is completely normal and its why we schedule in your 'treatment 2' / top up appointment.

**For this top up procedure, you will need to follow all the same pre treatment and aftercare advise as you did for the first treatment.**

You will have your initial treatment and then this second appointment will follow and be booked in for you at the same time as your first treatment. You will receive confirmation of this booking along with your original treatment so please read your email confirmation carefully for times and dates.

Please don't worry if you have any details or colour that has faded or not come back through, this second treatment is designed to reinforce these areas and perfect them for you if needed.

Please note: This second treatment is a 'top up' which means we cant make any design changes to your brows so please ensure you're happy with the shape and design during your pre draw process before treatment 1. The top up appointment simply tops up areas where needed, its not designed to make drastic shape or style changes once you've had them tattooed.

The background features large, semi-transparent, light brown letters. A tall 'L' is on the left, 'MCA' is in the middle, and a large 'R' with a '3' is on the right. The 'R' has a small '3' next to its base.

MCA  
SCAR REVISION

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# *MCA scar revision*

# Treatment info

MCA (Multi Trepanic collagen Actuation) also known as dry needling, is a form of micro needling in which gentle trauma is caused to the skins surface to encourage re- healing in an area of scarring, wrinkles or burns.

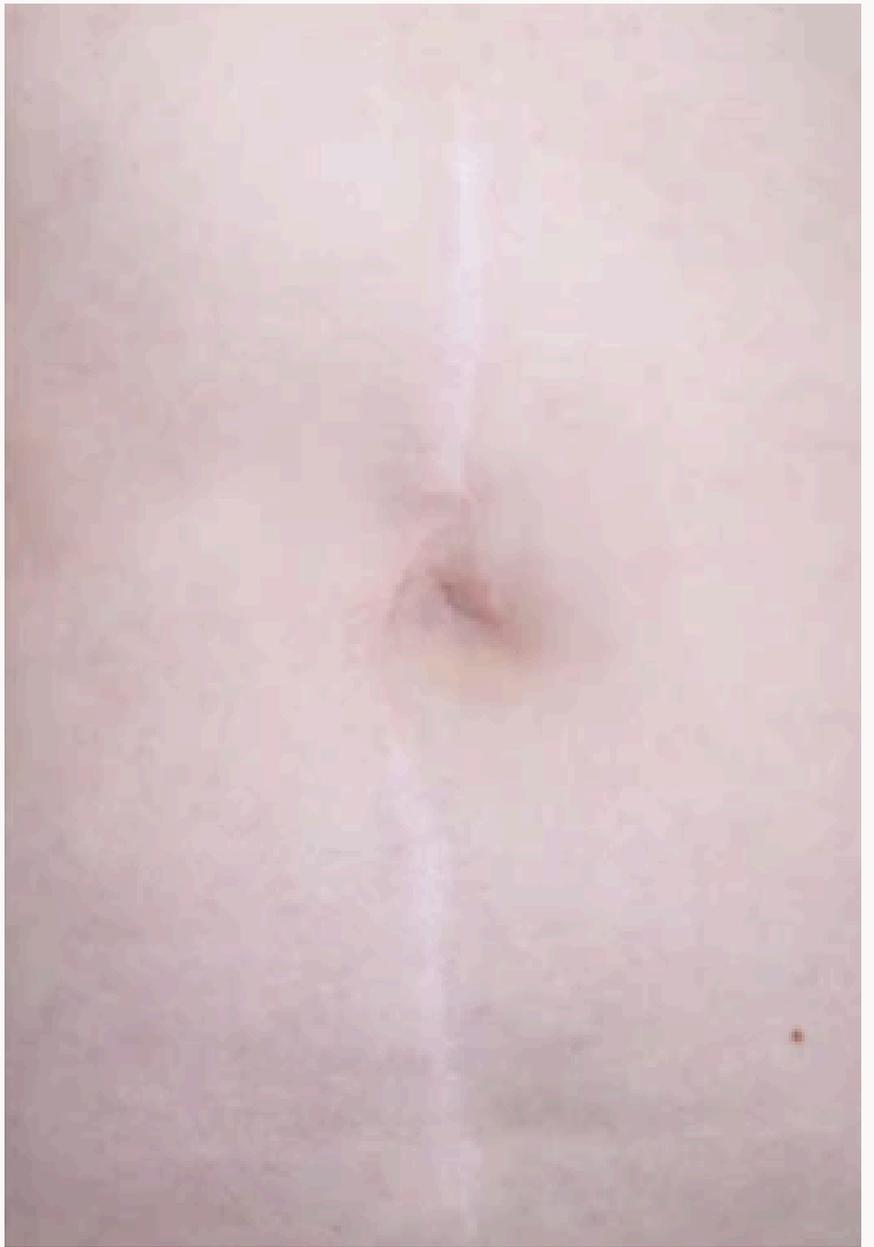
The aim of the procedure is to bring lymphatic fluid to the area, which contains our bodies own melanin to re- pigment a scar, burn or stretch mark. It encourages our bodies elastin to release a burn or take the "pull" off a stretch mark, and our bodies own collagen to plump out indentations such as wrinkles, stretch marks, and indented scarring (like acne scarring)

This treatment is best for anyone that would like to improve the appearance and feel of scars, bud stretch marks. Most people notice a difference after 1 treatment.

some examples of who this treatment is for:

- Post-surgical or injury scars (including mastectomy, abdominal and reconstruction scars)
- Tight, raised, or uneven scars
- Scar tissue that feels hard or restrictive
- Acne scarring
- Self harm scarring
- Burn scarring (including healed skin grafts)
- Stretch marks
- Flat white scars

Each case is assessed individually, and suitability depends on scar maturity and skin condition.



# MCA AFTERCARE

VERY IMPORTANT!!!!!!! PLEASE SAVE THIS AFTERCARE INFORMATION AND HEALING GUIDE. SCREENSHOT OR MAKE A NOTE OF THIS AS YOU'LL NEED TO REFER BACK TO IT AFTER YOUR TREATMENT.

- Do not expose the treated area to direct sunlight until day 7 (a short exposure of 3 minutes to the sun can boost the melanin in the area)
- Absolutely NO soaps, cleansers, perfumed products or chemicals applied to the treated area for 7 days.
- Do not soak the area in a hot bath, hot tub, sauna or swimming pools for 7 days.
- No Retin-A or steroid products directly on the area before or after treatment.
- Apply aftercare TWICE A DAY to the treated area for up to 5 days after the treatment.
- It is normal that the treated area will be red and raised for up to 5 days after the treatment, it is important that you treat the area as a wound to prevent infection.
- DO NOT pick or pull the treated area and keep it clean.

NB: If the area becomes heated, raised or begins to weep after 3/5 days, consult your GP for a course of anti biotics.