



## HOME CARE INSTRUCTIONS

### **PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY.**

Please remember nipple areola tattooing is not a one off treatment and you may require several visits to achieve the desired outcome from your cosmetic medical tattooing procedure.

At the end of your procedure a hydro colloidal moist wound healing patch is applied to the newly tattooed area and for optimum results the patch must be left on for 7 days following your procedure.

There is no after pain following your tattoo procedure however there will be a slight swelling and redness that will remain for the next few days post procedure.

Immediate after and for the next 48 hours the treated area may weep a clear healing fluid. This is normal and is your body's healing response to a wound. The patches are applied for your convenience and to provide the most appropriate healing conditions for your skin.

Immediately following your procedure and for the first 7 days:

No full body bathing, swimming, spas, saunas, intense physical activity, nothing that is going to make you sweat and no direct running water onto the newly tattooed area as this could be detrimental to the bonding process that must take place for the pigment to become stabilised in the dermis.

### **REMOVING THE PATCHES**

To remove the patch start by peeling one corner of the patch and as you pull the patch wipe the area with the remove wipes to dissolve any adhesive and make removal easier.

Once you have removed the patch the tattooed nipple areola area may be a little crusty, DO NOT rub or pick any of the areas.

Immediately apply a thin smear of silicone cream directly to the tattooed area.

Continue to apply a thin smear of silicone cream twice daily ie; morning and night for 5 days after removing the patches.

As your skin heals it may become flaky or scaly, do not pick or scratch, let the scales if they do appear fall off naturally.

Colours will appear brighter and more sharply defined immediately following the procedure, colours will lighten and soften over the next seven days. The new tattoo will appear 40% darker for the first ten days. Any adjustment to colour and shape will be made on your second visit.

Nipple areola tattooing is a specialised technique and your procedure may take several treatments to get the desired result so please be patient as this process cannot be hurried.

## **COMPLICATIONS**

Complications following NAC tattooing are uncommon provided you strictly follow the aftercare healing problems or signs of infection.

## **LONG TERM CARE**

Long term exposure to the sun over time can cause fading and colour change. Cover the tattoo with Vaseline when swimming in salt or chlorinated water to avoid bleaching effect. Some Vitamin A and C cause abnormal colour changes and unusual fading.

Medical Resonance Imaging – MRI can cause tingling and discomfort in the tattoo. In the future if you need a MRI ensure you tell the doctor and MRI technician that you have a tattoo.

**YOU CANNOT DONATE BLOOD FOR 6 MONTHS FOLLOWING ANY TATTOO PROCEDURE.**