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CLIENT POST-PROCEDURE INSTRUCTIONS AREOLA MICRO-PIGMENTATION AFTER CARE

First 48 hours following procedure:

1. BEFORE SHOWERING: with a cotton swab, gently cover areolas with a thin coat of A&D Ointment (provided in your after-care kit).

WHEN SHOWERING, keep your back to the shower spray, do not let hot water spray directly onto your tattooed breasts. Thoroughly wash your breasts with the mild soap provided in your after-care kit.

DO NOT use anything astringent.

Continue to rinse until all surface blood, ointment and soap have been removed.

DRY around the tattoo by blotting very gently with a damp white paper towel. Continue to air dry for 15 to 30 minutes (or use a hair dryer on a low setting) until tattoo is dry (tattoo will feel taut or tight when it is thoroughly dry).

2. APPLY grape seed oil, provided in your after-care kit, in a **thin**, light coat by gently rubbing it onto the areola with a cotton swab. Cover with a white paper towel.

Tattoo should feel moistened but not heavily coated. Use the grape seed oil provided.

3. All tattoos weep body fluids and it is important to blot these fluids off with a damp white paper towel periodically throughout the day for 5 – 7 days.

*If you are at work or somewhere that you cannot wash with soap and water and rinse well enough, then use a fragrance-free baby wipe or **damp** paper towel to blot and clean the area. Be careful not to use pressure.*

4. REBANDAGE with white paper towels whenever you must wear clothing over your tattoo (such as a bra). Avoid tight clothing if possible.

VERY IMPORTANT: While your tattoo(s) is covered, it is healing at a much slower rate, so whenever possible, expose the tattoo to the air or cover with a loose fitting, soft, white cotton T-shirt. Go dry at night. And try to sleep on your back.

Aftercare Options on day 3: Continue with white paper towels and grape seed oil through day 5.

After day 5, let your breast(s) dry out to continue healing on their own. No more grape seed oil. Still, gently blot them with a damp paper towel periodically if you notice they still appear to be weeping. Let them completely dry heal now.

What should you expect afterwards?

1. SLIGHT SWELLING and redness following the procedure and the skin may feel tight and sensitive, these symptoms will ease within 1 – 7 days depending on how sensitive your skin is and how much post-surgical feeling has been preserved.
2. For 10 days (or until peeling is complete) DO NOT expose your tattoos to dust or dirt. DO NOT exercise or cause sweat in the area of your tattoo. Just try to keep sweating to a minimum if possible.
3. PEELING or scabbing may begin in about a week. **DO NOT PICK, PEEL, RUB OR SCRATCH** the epithelial crust, ALLOW IT TO FLAKE OFF ON ITS OWN, otherwise your color may heal unevenly, and you risk infection. *It is important that the healing process takes its natural course!* As the pigmented area of the skin heals and dries, it forms a scab. This can last for 14 – 21 days and the dead cells (the scab) will come off as healing takes place. **Scarring can occur if the scabs are removed or knocked off prematurely resulting in color loss. Allow them to fall off naturally to preserve color.**
4. Some itching is normal. DO NOT SCRATCH. You may find lightly tapping helps.
5. You will then notice slight fading of the pigment and softening of the color. Your tattoo may have a waxy or shiny appearance when it first peels and this is normal.
6. DO NOT expose your tattoos to the sun, tanning beds, lake water, ponds, oceans, hot tubs, pools, or saunas *for the first two weeks of the healing phase (until there is no longer any scabs or crusting present). There is a great risk of infection as well as lack of pigment retention as a result of not following these instructions.*

7. Gently pat dry following showers or baths – even 5 and 6 months after tattooing procedure, allowing optimal time for healing. (From the voice of experience!)

Colors appear brighter and more sharply defined immediately following the procedure. As healing progresses, color will soften. Final results cannot be determined until healing is complete in about 6 weeks. Color may be uneven after healing, and this can be addressed at the touch up treatment.

I am happy that you chose me for your areola restoration procedure. It is important to remember that permanent makeup is an art and not an exact science. Two important factors will contribute to the success of your final outcome and are reliant on:

1. How well you follow the post procedure instructions.
2. Your own body's ability to retain the pigment (which varies from person to person).

In most cases, a touch up visit may be necessary. It must be completed within a reasonable amount of time after the initial procedure is complete. Touch Up cannot be done before 6 weeks.

If you have questions about healing or an unexpected reaction or possible infection, immediately notify your physician and Terri Berry.

If you have any questions, please don't hesitate to call me. Thank you!