

Helping women feel naturally complete after a mastectomy

by Jeanette Wirz

Editor's note: As part of Breast Cancer Awareness Month, we are pleased to share this article by first-time contributor, Jeanette Wirz.

"One of the most rewarding aspects of my job is helping cancer survivors feel natural again," says Jeanette owner of Jeanette Wirz Permanent Cosmetics.



Surviving breast cancer is one of the most challenging experiences women face today.

From the time of diagnosis to surviving the battle scars, the journey after a mastectomy is an incredible struggle both emotionally and physically to look and feel naturally complete.

I have so many women who come in to my office wanting to look and feel normal. I can remember one client telling me, 'you just don't know how amazing it feels to be in the shower and look down at your body and feel whole again.' It brings me such joy to know that I can give that feeling back to these women who have sacrificed and suffered so much just to stay alive.

Today, there are many different options available that will help you achieve a more natural look after surgery. One of the more affordable and cosmetically pleasing options is 3-D areola tattooing. But for some women the word "tattoo" can make them more reluctant to seek out professional consultation on this less invasive procedure.

First, women need to know the facts...

Areola tattooing is a safe relatively quick procedure which creates a new sense of self-esteem and confidence for women who have lost one or both nipples after surgery or trauma. Through the application of natural skin color pigments this procedure offers a less invasive alternative to traditional skin-grafting.

Below are some comments for clients who have used areola tattooing and re-pigmentation.

"I wish I would have done this sooner! I had areola re-pigmentation after areola reduction procedure left me with peri-areolar scars and lightened areolas which made me extremely self-conscious. The staff was professional but also down to earth and which made me feel very comfortable. This procedure made my areolas look normal again, and I can't say enough how much that improved my confidence and comfort in my own skin." – Marcie, a client of Jeanette Wirz Permanent Cosmetics



While the temporary areola tattoo is the ideal solution for some, areola re-pigmentation is another option for women who want a more permanent solution. By using this advanced medical tattooing technique, areola re-pigmentation creates the appearance of the areola while minimizing the appearance of scars to restore a more natural color and shape.

“Three years ago, I had “that surgery” preceded by a lot of thought, a lot of research, a lot of prayer, and a lot of hope. My decision was based on being preemptive and preventative but so many twists and turns in the road made me a true survivor. This treatment put me back together and made me “whole” again!” Cancer survivor and client of Jeanette Wirz Permanent Cosmetics

Treatment times average two hours from the first consultation which includes the initial design, choosing the desired areola color, design photos and completing medical history and paperwork. Often a single areola can be completed in just one hour using topical anesthetics, however treatment times may vary. The tattoo pigments used for areola tattooing are long-lasting but in some cases fading can occur during the first six to eight weeks after the initial treatment and a touch-up appointment might be needed.

I have a huge passion helping those who suffer from not only from cancer, but other diseases such as Trichotillomania and Alopecia. It is such a joy to give something back to others they feel they have lost. If I can make them feel good on the outside, they will be able to project a positive image which not only enhances their natural beauty, but improves their overall health.

I, along with my team of professionals, am conveniently located in Nashville where we specialize in cosmetic and paramedical tattooing also known as Micro pigmentation in addition to 3-D areola tattooing and areola re-pigmentation. In addition to these services, we offer full lip color, lip liner, eyeliner, microbladed eye brows, and microscalp pigmentation.

For more information on this and other services offered call 615-400-2780 or visit www.permanentmakeupnashvilletn.com for find them on Facebook/Jeanette Wirz Permanent Cosmetics Microblading.