

Aftercare Instructions

Failure to follow post-treatment instructions may cause loss of pigment, discoloration, or infection. Remember, colors appear brighter and more sharply defined immediately following the procedure. As the healing progresses, color will soften. A touch-up procedure may or may not be necessary. Results cannot be determined until healing is complete. Remember the first touch up is included in the price. If a 3rd visit is needed it must be done within 2 months of the follow up appointment. There is a \$300 charge for a 3rd application of lip color always and a \$75 set up fee for eyebrows and eyeliner if done 8 weeks after the 2nd appointment. Please call us if you have any questions or concerns! THERE ARE NO REFUNDS!!

Eyeliner: Cleanse your eyeliner gently morning & evening with baby shampoo pat dry. Using a fresh Q-Tip, apply a light coat of Vaseline to the tattooed area 1x a day pm only. It is normal for the pigment to fade 30-50% within the first two weeks. Do not touch the tattooed area with uncleaned fingers, this will increase your risk of infection. Do not apply makeup or mascara on or near the tattooed area for 4 days. You can use a new tube of mascara after 4 days. Please contact your artist immediately should you experience any of the following symptoms: redness in or around the eye, matting or drainage, pain that becomes increasingly worse, sensitivity to light.

Eyebrows: Day 2-7 wash daily to remove bacteria and dead skin. Gently wash your eyebrows each morning and night with water and antibacterial soap like Dial soap. With a light touch, use your fingertips to gently cleanse the eyebrows. Rub the area in a smooth motion for 10 seconds and rinse with water ensuring that all soap is rinsed away. To dry, gently pat with clean tissue. Do Not use any cleansing products containing acids (glycolic, lactic, or AHA), or any exfoliants. Apply a rice grain amount of aftercare ointment with a cotton swab and spread it across the treated area. Be sure not to over-apply as this will suffocate your skin and delay healing. The ointment should be barely noticeable on the skin. Never put the ointment on a wet or damp tattoo.

Lips: Please use ice on and off for 2 hours after your appointment it is extremely important! Cleanse your lips with antibacterial soap like Dial or Neutrogena morning and night for the first 3 days. Use new Vaseline or Liprotek#7 on our lips all day every

day for 10 days. It is normal for you lips to be chapped, dry and tight. Please make sure you take your antiviral that was prescribed if you get fever blister

Do not rub or pick at the epithelial crust, allow it to flake off on its own. Absolutely no chemicals or scrubbing! GENTLY cleanse the cosmetic area with a mild antibacterial soap. You may rinse with water and lightly pat the area dry with a clean cloth. DO NOT USE GLYCLOIC CLEANSERS OR RETIN A!!

Do not expose treated area to full pressure of the water in the shower. Do not soak treated area in bath, swimming pool, or hot tub. Do not swim in fresh, salt, or chlorinated pool water.



Aftercare Instructions for Areola Pigmentation

You may experience slight discomfort after areola tattooing, rather like a “rug burn”. If you have little or no feeling in your reconstructed breast you will have very little tenderness.

The area will begin to feel dry and tight as it heals and exfoliates. It is important to keep the crusted tattoo moist and covered for **at least 7 days** after your procedure to protect it and to keep the pigment and body fluids from oozing onto your clothes.

Wear loose clothing if you are sensitive. Sports bras or a regular bra will help hold the bandages in place. Use 3x4 nonstick pads and paper tape over the tattoo to minimize sensitivity. Wash the area gently with an antibacterial soap. Do not use abrasive clothes, let water run over it in the shower to rinse.

Apply a thin coat of Aquaphor healing lotion to pad and apply to the tattooed area. Change bandages at least in the morning and evening for 24-48hrs. Once there is no bleeding or discharge from the tattoo you can leave it uncovered for a few hours in the evening. Do not sleep on your stomach to protect the area.

Over the first 2 weeks you will have a flaking of the tattoo, this is normal; just keep it moist using a thin coat of Aquaphor. You may experience slight itching as it heals but try not to scratch as this can reopen the wound and cause infection.

Do not swim, sunbathe, or be in the ocean for 2-3 weeks or until completely healed.

Your areolas will appear darker immediately after the procedure but will lighten as they heal.

AFTERCARE OPTION: Only if your skin is NOT sensitive to adhesives, you may consider using Tegaderm or Saniderm Waterproof Transparent Wound Dressing. Can stay on for up to 7 days

- Applied in the office on clean, dry skin. You can shower normally, no need for pads. Some fluid may build up and puddle under the film and this is normal. However, if an excessive amount of fluid is present, you may gently remove the film in the shower and thoroughly clean it with Dial Antimicrobial Soap. Blot areolas with a white paper towel

then allow to completely air dry.

- Use a new piece of Tegaderm or Saniderm film large enough to allow at least an inch or more around the areola.
- Then apply the film directly over your areola, pressing out any air bubbles and making sure edges are sealed, not allowing water to build up against your tattoos.
- After 7 days, remove the film while in the shower. Clean areolas as instructed above. Areolas may weep a little at first, temporarily use a small amount of ointment and cover with a nonstick pad until they dry and continue to dry heal.

If adhesives are NOT an option, for the first 7 days:

1. BEFORE SHOWERING: Always make sure your hands are very clean when touching your breasts.

For the first few days, use a cotton swab, and gently cover areolas with a very thin coat of ointment, using White Petroleum ointment or Aquaphor.

- WHEN SHOWERING, keep your back to the shower spray, do not let hot water spray directly onto your tattooed breasts. Thoroughly wash your breasts (using your hands, no cloth) with mild soap such as Cetaphil , baby shampoo, or Dial antimicrobial soap. 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 white paper towel. Continue to air dry for 15 to 30 minutes (or use a hair dryer on a low or cool setting) until the tattoo is dry (the tattoo will feel taut or tight when it is thoroughly dry).

2. APPLY After Inked ointment or Aquaphor in a thin, (grain of rice to a small pea amount) light coat by gently spreading it onto the areola with a cotton swab twice a day. Cover with Foam Dressing or Equate Ultra Absorbent Wound Dressing pads.

••• VERY IMPORTANT: The tattoo should feel moistened but not heavily coated. Use the ointment provided. If the ointment burns or hurts in any way, stop using it immediately and call a technician.

3. All tattoos weep body fluids and it is important to blot these fluids off periodically. The foam dressings and wound dressings will help wick the moisture from the tattoo, twice a day, use gauze pads or a white paper towel dampened with an antiseptic wash (Band-Aid brand Hurt-Free Antiseptic Wash) to blot the areolas. Be careful not to use a lot of pressure.

• REBANDAGE with non-stick pads whenever you must wear clothing over your tattoo (such as a bra). Avoid tight clothing if possible.

••• NOTE: If at any time the non-stick bandage or clothing appears to stick to the areola, DO NOT continue to remove it! WAIT until you can get in the shower, soaking the pads until they fall off on their own. Otherwise, the pigment can be pulled right out.

••• 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 it with loose-fitting clothing like a large white cotton T-shirt with no ointment.

4. AT NIGHT wear a large, loose-fitting white cotton T-shirt with no pads or ointments, allowing air to get to your areolas.

5. After day 7, let your breasts dry out to continue healing on their own. No more ointments. Still, gently blot them with a paper towel periodically if you notice they still appear to be weeping. Let them completely dry heal now.