

Patient information

Areola micropigmentation (medical tattooing)

Following breast reconstruction, an optical effect of a nipple and/or areola can be created using a procedure called micro-pigmentation. Pigments are made from iron oxides and are not the same as tattoo inks. The procedure involves the semi-permanent marking of the skin with colour pigments and is often used to complement the surgical reconstruction of the nipple. Many women find that this improves the cosmetic appearance of the breast and that this procedure enhances the quality of life following breast reconstruction. Multi treatments will be required as the final result is not obtainable in one session.

Micro-pigmentation is a procedure that should only be carried out by a trained practitioner, using approved equipment, to implant the colour pigments into the skin using sterile needles. The treatment requires your full consent and a medical history disclosure, as your practitioner will need to be sure that you are a suitable candidate for your proposed procedure. You will be asked to undergo an allergy test prior to the procedure.

Your practitioner will describe the benefits and risks of your proposed treatment and record on a consultation form. This form will be used for reference and referred to on subsequent visits. Your practitioner will discuss what the procedure is likely to involve and about subsequent treatments and you will be given verbal and written aftercare information.

Micro-pigmentation is an art process and not an exact science and cannot give you an exact colour as a result. Colours heal differently in all individuals. The elected colour will be darker immediately and this will fade after about a week. You may need to return for additional treatments five to eight weeks after the initial procedure.

The skin type of every client is different and colour should stay visible in the skin for several years (and in some cases indefinitely). A re-touch procedure may be required periodically to keep the colour looking fresh. This is dependent on age, skin type and colour chosen.

During the consultation you will be asked to stand in front of a mirror and you will be able to select the area and colour for the micro-pigmentation. Once this has been selected you will be asked to lie on a couch whilst the tattoo is applied.

After each treatment the area may swell, become red or may bleed or bruise, your specialist will instruct you how to take care of this. You may experience some discomfort during the procedure. Your specialist may recommend some local anaesthetic creams to apply prior to the procedure and she will endeavour to make you feel comfortable throughout. There is a small risk of infection. Some people occasionally have an allergic reaction to the coloured pigments or the metal in the needles.

For further information contact the Breast Care Nurses

Monday to Friday 8.30am to 4.30pm

Telephone: 01284 713281

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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