

Patient information

Areola micro-pigmentation (medical tattooing) - aftercare advice

Aftercare advice

If after reading the aftercare advice you have any queries, feel your procedure is not healing or you feel any pain or discomfort in the treated area please phone the Breast Care Nursing Service for further advice.

Healing process

Healing consists of three phases:

- **Heal:** The body's natural defenses will create a fine scab to protect the area whilst healing.
- **Peel:** After a few days the scab will slough away. Picking the treated area as it heals will result in pigment loss.
- **Fade:** After the fine scabbing has sloughed away you will see a lighter hue to the implanted colour, which is more realistic. After 4/6 weeks the colour will appear to take on a new strength.

General advice

A small amount of yellow petroleum jelly will be applied over the area (unless allergic) and the area will be covered with a dressing. Remove this dressing as soon as you get home. If you find any lymphatic fluid or blood weeping from the area gently clean it with saline/cool boiled water and sterile gauze, blotting gently to remove all moisture.

You will feel a slight swelling and redness following the procedure and the skin may feel 'tight'. These symptoms will subside within 1 to 7 days depending on

skin sensitivity.

The morning after the procedure you may shower. It is suggested that you shower with your back to the water jets to avoid the water directly hitting the treated area. Use gauze to blot the treated area dry. If you wish to bathe avoid soaking the area in the bath water or using any bath products.

Avoid swimming, going to the sauna or Jacuzzi or attending a gym session for one week. It is advised you apply a small amount of yellow petroleum jelly to the treated area prior to these activities for the next three weeks.

Additional procedures cannot be undertaken until the area has completely healed. We suggest a four to six week healing time before further work is undertaken.

MRI scans: This procedure shows up as an artefact on the scan and some patients experience a tingling sensation during the scan. Please notify the radiologist before the scan begins.

Laser hair removal: Laser hair removal causes the area of pigmentation to turn black. This should be carried out BEFORE a medical tattoo procedure is carried out and should be avoided afterwards.

Colour refreshing: The colour will fade from the tattoo over a period of one to six years and can be refreshed as necessary

For further information contact the Breast Care Nurses
Monday to Friday 8.30am to 4.30pm
Tel: 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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