

## CLIENT POST PROCEDURE INSTRUCTIONS:

### AREOLA AND NIPPLE MICRO-PIGMENTATION



**DAILY CARE:** Check for *MOISTURE UNDER THE DRESSING*, bodily fluids start to weep immediately and last for 2-3 days. When this happens, lightly pat the tattooed area, then place the bandage back

down or put a new bandage on. Please make sure to not touch the area too often or aggressively, remember less is best. We are trying to remove the Lymphatic drainage and blood, not ink. Air dry is best and will allow it to heal faster.



**SHOWERING:** Recommended days 1-3. With clean hands, gently wash the area with a mild cleanser. Examples: Dial, Cetaphyl, baby shampoo, etc.. **DO NOT** use anything astringent or harsh. **DO NOT** let hot water spray directly onto your tattooed breasts.



Lightly *rinse the surface to remove the blood, ointment, and soap*. On days 4-7 You will not need to use soap every time you shower. **DRY** the tattoo by blotting very gently with a clean product. Air dry until the tattoo feels tight or for as long as you can. It will speed up your healing time.

Once completely dry and you are ready to clothe yourself, use a sterile Q-tip to add a **very small amount** of A&D ointment to cover the entire tattooed area, then apply a new bandage. This will help protect your tattoo (s) from sticking to the bandage. The bandage will protect your clothing and any materials you may come in contact with.



**CALL or TEXT IMMEDIATELY IF THE AREA APPEARS RED, SWOLLEN, OR SHOWS SIGNS OF AN INFECTION.**  
(941)744-7890 Michelle



### What should you expect after the procedure?

Slight swelling, redness, feeling tight, or sensitive will ease within 1– 4 days, depending on your skin.

**DO NOT** expose your tattoos to dust or dirt. **NO** mud wrestling or washing the dog... you get the idea.

**DO NOT** exercise so to avoid sweating in the area of your tattoo. You can use the new tattoos as an excuse to get out of house work. I've got your back! The truth is, you can clean your house. Just don't sweat excessively!

**PEELING** may start the first week. **DO NOT PICK, PEEL, RUB OR SCRATCH**, ALLOW IT TO FLAKE OFF ON ITS OWN. This could take 14-21 days. *It is important that the healing process takes its natural course!* **Scarring can occur if the scabs are removed or accidentally rubbed off prematurely.**

Some itching is normal. It is part of the healing process when the scab is forming and exfoliating off. You can add a SMALL amount of ointment to moisturize the tattoo.

At first, your tattoos will appear dark, this is normal. You will start to notice slight fading of the pigment and softening of the color as it heals. Your tattoo may have a waxy and shiny appearance when it first peels, this is normal. Colors appear brighter and more sharply defined immediately following the procedure. Final results cannot be determined until healing is complete in about 6 weeks.

**DO NOT** expose your tattoos to the sun, tanning beds, lake water, ponds, oceans, hot tubs, pools, and saunas *for the first two weeks of the healing phase. There is a greater risk of infection as well as lack of pigment retention.*

Gently pat dry following showers or baths – even 2 to 3 months after tattooing procedure, allowing optimal time for healing.

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

Please contact me if you were not given a touch up appointment. The touch up will help lock in the color which helps the tattoo last longer and it provides an opportunity for any possible adjustments to color, shape, or size.

**CONGRATULATIONS** and thank you for entrusting me to be a part of your journey.

Please contact Michelle for any concerns or questions.

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