

Areola Aftercare

Your procedure will appear much darker the day it is done. This darker color will remain for approximately 3-7 days. You will also experience redness, swelling, tenderness and some skin/pigment exfoliation. It is imperative that you follow these aftercare instructions and do not pick or rub the treated area. Picking and rubbing will result in pigment/color loss and may cause scarring. It will be several weeks before final results are achieved.

- Using an antibacterial liquid soap gently cleanse the treated area 2-3 hours after the procedure. Use the tips of your fingers. Do not scrub. Pat dry with a paper towel. Then apply a thin layer of Aquaphor. Rub it in completely, like lotion.
- You may either wear a cotton t-shirt without a pad or a bra to let the area breath or you may apply a non-stick pad and put on a bra.
- 2-3 times a day reapply a small amount of Aquaphor then cover with the same pad.
- Repeat the steps above for 4 days using a new non-stick pad every day.
- If the dressing sticks apply warm water to loosen.
- Be sure to wear a pad and bra for sleeping.
- Do not wear the pads 24 hours a day. You must let the tattoo air out at some point during each day for several hours.
- On day 5 switch from ointment to a mild moisturizing lotion or cocoa butter. At this point you are not required to use a non-stick pad. Continue to apply lotion daily.
- Scabbing is normal. Do not pick the scabbed area.

*Permanent
Makeup*
by *Ann*[™]

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Areola Aftercare (continued)

- The main idea is to keep the area hydrated until healed but not to use excess amounts of ointment. Do not use any product on the treated area that burns or stings.
- After the first day you wear a cotton t-shirt as a breathable bandage in place of the non-stick pad and bra as often as possible. If you must wear a bra or tight clothing you will need a non-stick pad.
- Avoid chlorinated pools, salt water, hot tubs, bath tubs and saunas for 2 week. Showers are okay.
- Avoid extreme heat, strenuous exercise, excessive sweating or raising blood pressure for 48 hours. Sweat is salt and can prematurely fade the treated area.
- The treated area WILL appear bolder immediately after the procedure. This is common. It will begin to soften after a few days. It is also VERY COMMON to have areas fade more than others. This is part of the healing process and will be treated at the recommended follow up appointment. The true color is visible after the 30 day healing period.
- If the area is not healed and smooth in 7-10 days please call me.
- Your next visit will be 6 weeks after your procedure. Please call me in two weeks to schedule this appointment, as well as to let me know how you are healing.

If you have any questions please call or text the office at 858 699 5958.