

## Areola Aftercare

Tonight please remove your tegaderm/tegaderms around 9-10pm. Get into the shower, and just allow the warm water to rinse the tattoo. When you get out of the shower, towel dry the breast not the tattoo. Let the tattoo air dry for about 3 minutes (no longer). Make sure the breast skin is dry then apply the new tegaderm/tegaderms.

Please do not cut them as they will need to last for a week. Wear the new tegaderm/tegaderms for an entire week. You may shower with the tegaderm/tegaderms on but please do not submerge. No bathtubs, pools, hot-tubs, ocean, etc.

On the 6th night you may take your tegaderm/tegaderms off and get into the shower. Please wash your tattoo gently with a gentle soap using your hands. When you get out of the shower, towel dry the breast then please sit topless for an hour so that the tattoo can completely dry out. If you have any scabs still remaining, please do not pick them and allow them to fall off on their own.

On day 10 if the tattoo is dry and scaly, you may start using a gentle lotion. Please do not use any type of lotion with anti-aging ingredients.

### **AFTER CARE ( Non Adhesive)**

Please continue wearing the pads that were placed on you during your appointment today. You will remove these pads first thing in the morning. If your pads do not fall off on their own, please wear them into the shower, allow them to fill with water. This allows them to fall off without pulling any of your color out.

Rinse the tattoos with a gentle soap and warm water. Once out of the shower, pat dry and allow to air dry for no more than 3 to 5 mins. Use a q-tip to apply a dime size amount of Aquaphor to each areola. Apply a new, non stick pad on each area. You will need a loose fitting bra to hold pads in place. Wear these pads until the following morning. Repeat these exact steps for 2 more days (mornings)

On the final day, after cleaning your Areola's in shower, please sit topless for 1 hour. This allows the skin to completely dry out. After the hour, you may wear a loose fitting bra (no pads, no ointment) and get dressed. During the first week, I would try not to rub or pick at the tattoo. I would avoid sweating. Please do not submerge in any type of water for 10 days. i.e....hot tubs, swimming pools, bathtub, oceans etc.

You will have a scab that form on your Areola's during the first week of healing time. This is very normal. Once scab has fallen off on its own, you may begin applying a gentle lotion to help relieve the dryness that will follow for the next two to three weeks. If you have any questions or concerns, please reach out to me at anytime.

If you have any questions you may contact me through text at: 904-351-8244

Thank you