



3D BREAST & AREOLA PIGMENTATION

Healing Schedule & Post Procedural Care Instructions

Congratulations on the final step of your re-construction journey. We are excited to provide you with the finishing touch to help you look and feel complete.

WHAT TO EXPECT:

You may experience redness that radiates out around the areola/nipple area and extends approximately 1- 2" out this is normal. You may experience a slight tenderness and sunburn like sensation following the procedure. You may choose to use Tylenol as directed following the breast tattooing to help alleviate any discomfort. **If you have redness that extends further than this with a rash or pain, please call Nicole Neumann at her office at 616-608-4961 or her cell phone 616-293-6252.**

You may want to check with your physician to see if they would like you to take an antibiotic for a few days post op if you have implants in the area to avoid infection. Please take the full dosage as directed. Blood may not be donated up to one year after your procedure.

WEEK 1

Two days following your procedure, remove the Tegaderm/Nexcare patch. Wash the area at the sink by splashing it with tepid water and antibacterial soap. Lightly lather the area by making small circles with your fingers over the area to remove old ointment and drainage. Rinse with clean water and pat dry. Apply a thin layer of A&D ointment or tattoo goo over the cleansed tattooed area. Then apply a new Tegaderm/Nexcare patch. Place a breast pad over the Tegaderm/Nexcare to protect clothing and collect drainage. Keep this area covered with the new patch for another 4 days.

WEEK 2

Remove the Tegaderm/Nexcare patch and cleanse the area as before. Cover with A&D ointment or tattoo goo and use a breast pad if necessary. The area will begin to peel at this time. DO NOT pick or peel. Allow area to peel naturally as not to disturb tattoo and/or irritate areola area. After one more week you can discontinue use of ointment. Schedule a check up with Nicole two to three weeks after your areola procedure. We will determine at that time if there is any need to apply any additional color in a perfecting session to create the desired result. After all tattooing appointments are completed you will call your referring plastic surgeon to schedule an appointment for final photographs.