

3-D Nipple Tattoo (with Tegaderm)

AFTER CARE INSTRUCTIONS

GENERAL AFTER CARE INFORMATION

The healing process is very minimal and should not have an impact on your daily routine. Many of our patients return to work the same day. Normal side effects after treatment can include: minimal swelling, redness, and/or minor weeping.

It is important to keep the area clean. Avoid direct submersion to water (including baths, pools, hot tubs, ocean/bodies of water), excessive sweating, or working out for the first 10 days. Do not pick, peel or scratch at the tattoo. Please avoid sleeping on your tattoo for the first two nights.

DAYS 1-4

- Day 1 is the day of your appointment
- Leave the Tegaderm in place for the first 4-5 days.
- Do not lift, peel or replace it. If the Tegaderm begins to peel naturally before day 5 that is ok.
- You may shower normally but avoid submerging the area of the tattoo.
- Fluid may build under the Tegaderm film. It is a normal part of the healing process and should be left alone. If you show signs of infection or an allergic reaction, please promptly notify your primarycare provider.

DAY 5

- Take a warm shower and gently peel off the Tegaderm slowly. Then wash the area with a gentle soap and pat dry. (No washcloths).
- Once dry, apply a thin layer of Aquaphor to the tattoo.
- You do not have to cover the tattoo from this point on.

Day 6-10 (or once the Tegaderm is removed)

- Each morning and night make sure to clean the tattoo with a gentle soap and warm water. Pat dry and apply a thin layer of Aquaphor.
- After day 10, you may use a gentle lotion, such as Lubriderm, for daily hydration. This may help to relieve any dryness or itching.

Once your skin has fully healed, you may schedule a touch up session in 6-8 weeks to perfect your new tattoo. Touch ups are subject to a fee (please contact your provider for more details).