

Instructions for Care after Nipple Areola Micropigmentation

After your nipple areola tattoo, the following guidelines may be helpful. If you have any questions or concerns, please do not hesitate to call Dr. Lynch at 609-448-6200.

1. Please finish taking all of your antibiotics as prescribed. Often, eating yogurt may help with minimizing some of the gastrointestinal side effects of antibiotics.
2. Avoid Aspirin and Aspirin containing medications for 7 days after your procedure.
3. Remove the dressing the day after the procedure and apply antibiotic ointment and a non-stick gauze pad to the pigmented area. Please do this daily for 3 days.
4. You may shower 48 hours after the procedure.
5. Beginning the third day after the procedure, allow the area to heal openly. Please wear loose fitting garments to avoid irritation to the site.
6. Do not scratch or remove any of the scabs along the pigmented area, this will maintain the pigment integrity.
7. Some bloody spotting is normal for the first day following the procedure.
8. Some bruising may occur at the site.
9. Please do not use sauna, hot tub or pool for 7 days after your tattoo.
10. You may resume normal activities of daily living, however please avoid activities that may cause rubbing or friction to the pigmented area.

Pigmentation may become lighter or fade with time. In time, you may require a touch-up tattoo