

Service: Breast Reconstruction

Aftercare: Nipple & Areola Micro-Pigmentation (Tattoo)



Over the next 14 to 21 days your tattooed area will go through three stages of healing:

1. Heal:

The body's natural defences will create fine scabs to protect the area whilst healing.

2. Peel:

After a few days, when the tattooed area is healed, the scabs will fall off.

Do Not Pick off the scabs from the treated area as this will result in pigment loss.

3. Fade:

Once the scabs have finely healed and fallen off the tattooed area, you will see a lighter shade of the implanted colour. After 4/6 weeks the pigment in the tattoo will have settled and this will be the colour of your nipple and areola.

You may decide to have further tattooing to add more colour and this will be discussed at your follow up appointment with the breast reconstruction nurse.

What should you expect after the procedure?

The dressing, which is applied immediately after tattooing, should remain in place for at least a day as the areola area may continue bleeding.

This dressing should not be allowed to get wet as this may affect the result of the pigment colour.

After your treatment you may experience slight swelling and redness and your skin may feel 'tight'. We will discuss with you ways to ease discomfort, which may include taking over-the-counter paracetamol, however **do not exceed** the maximum dosage of **8 tablets** in 24 hours. If you have any concerns about pain please speak to one of the Breast Reconstruction Nurses.

These symptoms should subside within 1 to 7 days, depending on how sensitive your skin is.

Skin care instructions

The following instructions must be carefully followed for 14 days after your tattoo to ensure a successful result and to reduce the risk of infection.

- The next day you can have a shower or bath, however, do not use soap or soak the pigmented area with water. Keep the pigmented area clean and dry. Apply yellow soft paraffin/bepanthen ointment over the nipple and areola area and place gauzes in your bra to aid comfort.
- Do not sleep on your stomach.
- To prevent infection, try not to touch the pigmented area with your fingers until it is completely healed.

If you have any further questions please contact one of the Breast Reconstruction Nurse on the contact details overleaf.

**PATIENT
APPROVED** 

How to contact us:

Andrea Thompson waiting list coordinator



Email: Andrea.Thompson@nbt.nhs.uk



Phone number: 0117 41 47626

Plastic surgery Breast reconstruction team



Plasticsurgerybreastreconstructionteam@nbt.nhs.uk

Southmead Charitable Fund for breast reconstruction

Code 1009 for donations: Naila Hussain ext: 43679

Breast Reconstruction Nurse Practitioner: Caroline Oates



Email: caroline.oates@nbt.nhs.uk



Breast Reconstruction Nurse: Caroline Lewis

Tel: 0117 414 8700 or 0117 950 5050 bleep:1698



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Secretary: Wendy Rodman

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If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.

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