

# Areola micropigmentation – aftercare

**This information sheet explains how to care for your areola micropigmentation. Please ask about anything you do not fully understand or wish to have explained in more detail.**

## What should I expect after the procedure?

- You will experience slight swelling and redness following the procedure and the skin may feel 'tight'. These symptoms will subside within 1-7 days, depending on how sensitive your skin is.
- You should be able to resume normal activities immediately following the procedure; however, use of cosmetics, excessive perspiration and exposure of the affected area to the sun should be avoided until the area is fully healed.
- Also, if you swim or the area is in contact with chlorine or saltwater during the healing phase, the pigment is at risk of bleaching.
- Over the initial few days, the pigmented area of skin will form a scab. This will last for 14-21 days, when exfoliation of the dead cells (the scab) will occur as healing takes place. You will then notice slight fading of the pigment and softening of the colour. It is important that the healing process takes its natural course. Scarring can occur if the scabs are removed or knocked off prematurely.
- UV protective swimwear and cream should be worn while you are on holiday, and due to difficulty in colour matching, we will not do the tattoo on tanned skin but would wait for the tan to fade and for the skin to return to its natural colour.

## Skin care instructions

The following instructions must be carefully followed for at least two weeks after the procedure to ensure pigment retention, prevention of infection and successful results.

- Leave the initial protective dressing in place for 24-48 hrs after the procedure.
- Before showering or bathing, apply a light coating of Vaseline to the areola using a cotton bud. This protects the area by enabling the water to bead off the damaged tissue.
- Cover the areola with a protective dressing during the day, uncover the area whilst sleeping, but do not sleep on your stomach. This protects the tissue and promotes healing.
- If a crust appears on the areola, do not pick or peel it off, as this would remove the pigment as well as the crust.
- Do not use soap, sunbathe, swim, sauna or Jacuzzi during the two weeks following both the initial and follow up procedures.
- To prevent infection, do not touch the pigmented area with your fingers until it is completely healed. Use cotton buds to apply ointments.

## Contact us

Breast Unit Clinical Admin Team (CAT3) 0118 322 6890 or email [rbb-tr.cat3@nhs.net](mailto:rbb-tr.cat3@nhs.net).

Nurse Practitioner, Nicky Woodrow 0118 322 7895

## More information

If you have any questions about the procedure or this information, please speak to your doctor or nurse.

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

N Woodrow, Breast Unit, January 2022

Next review due: January 2024