

Nipple Micro Pigmentation

Congratulations, you are about to complete the final step of your breast reconstruction, the nipple micro pigmentation. Your compliance in post-procedure care will yield the successful outcome for long lasting color of your nipple micro pigmentation. Please review the following instruction sheet and make note of any questions you may have to discuss with your doctor.

ABOUT THE PROCEDURE

Once you have completely healed from your nipple reconstruction, you are ready for your nipple micro pigmentation (2 - 3 months). A new areola is made by tattooing, or micro pigmentation. The area to be treated is marked and the tattoo pigment is mixed to obtain the desired color. A numbing solution is used to prevent any pain. After the area is numb, a sterile needle is used to make several injections of the pigment into the skin to create the areola. We make every effort to match the color and shape of the areola of the natural breast to the areola we are creating. This one hour procedure takes place in our office and you will be able to go home the same day. The process may require several visits to obtain the optimum results, depending on your specific case.

BEFORE THE PROCEDURE

1. Please arrive to your appointment on time.
2. **DO NOT** take any aspirin or ibuprofen 7 days before your appointment.
3. Wear loose comfortable clothing
4. Please have a responsible adult drive you home after the procedure.

AFTER THE PROCEDURE

1. Apply antibiotic ointment to the area twice a day for seven days. It is important to keep area well moistened.
2. For the first 5 days, or until a scab has formed, **DO NOT** scrub, wash with soap, or allow a hard shower stream to fall on the treated area. Simply allow water to run over it gently and gently pat dry with a soft towel.
3. **DO NOT** pick the scab loose, this will remove the pigmentation. Simply continue to apply the triple antibiotic ointment and dressing until the scab is gone.
4. To avoid irritation from bras or undergarments, continue to apply the dressing until the area is completely healed.
5. Minimize exposure to sun, swimming, sauna, etc... for seven days after the procedure.
6. You may resume normal activities. However, avoid activities that may cause rubbing or friction to the treated area.

WHAT TO EXPECT

1. The treated area may initially look red and have a small amount of oozing, this is normal

and should scab over within 2 days.

2. Please keep in mind that some of the extra pigment may come off, and possibly stain washcloths, clothing and towels.
3. Some bruising and swelling can be expected.
4. Avoid **all** sun exposure to pigmented area.
5. The areola color will take approximately one month to fully develop. At first the tattoo will look much darker or redder than the color originally chosen. The actual color will be lighter and more apparent as the area heals. In some instances the tattoo will have to be touched up because the colors absorb differently on everyone and the skin being tattooed is different than the skin of the natural breast areola.

PRECAUTIONS

A doctor is on call 24 hours a day, for any emergencies. Please contact our office should the following occur:

- a. Oral temperature of 101° F or above.
- b. Undue pain in the area that was treated that is not relieved by pain medication
- c. Redness or warmth around the area that was treated
- d. Bad odor from the site that was treated.

OFFICE VISITS:

As mentioned, your micro pigmentation may require several visits, here is a timeline of the visits you should expect.

- A. Session 2: is scheduled 6 weeks after your initial treatment. Please contact our office to schedule your appointment.
- B. You will be invited to a follow up visit 4 -6 weeks after treatment. Please call to schedule your follow-up appointment to ensure your recovery is going as expected.