

Discharge Instructions After Micropigmentation of the Nipple/Areola

24 Hours after Your Procedure

- You may shower 24 hours after your procedure. Remove the dressing and apply a thin layer of petroleum jelly (e.g., Vaseline®) to the area before showering. Shower with your back to the water to avoid getting water, shampoo, and conditioner onto the micropigmented (tattooed) area. Pat yourself dry after showering.
- Using a clean cotton swab (e.g., Q-tip®), apply bacitracin and a non-stick dressing (e.g., Telfa®) to the wound.

48 to 72 Hours after Your Procedure

- After 48 hours you may get the micropigmented area wet. Pat dry after showering and reapply bacitracin and a nonstick dressing.

4-10 days after Your Procedure

- Use a clean cotton swab, apply petroleum jelly and a non-stick dressing for 4 to 7 days or until completely healed. After 72 hours you no longer need to apply bacitracin to the wound.

2 Weeks after Your Procedure

- Your micropigmented area might fade. This is normal. It will take at least 2 weeks for the color to become final. A follow-up visit may be required.

6 Weeks after Your Procedure

- It usually takes 6 weeks for the area to heal completely. The area is healed completely when there are no open areas or scabs, and the micropigmented area feels like your own skin.

Additional Information

- Call your doctor if you develop:
 - Redness, warmth, and/or pain at or around the treated area
 - Yellowish drainage from the treated area
 - Temperature above 101° F or 38.3° C
 - Shaking chills
 - Symptoms of the flu or a cold

- Do not soak in a pool, bath tub, hot tub, etc. until the micropigmented area is completely healed (no scabs). This is to decrease your risk of irritation and infection.
- If a slight crust (scab) appears on the micropigmented area, do not force removal by picking, scratching, or washing.
- Do not apply creams or lotions on or near the micropigmented area until it has healed.
- Avoid rigorous exercise for 1 week. This will help prevent infection.
- Follow-up with your plastic surgeon in 1 month. He or she will check the color and healing of the micropigmented area. If a touch-up is required, an appointment can be scheduled.

Doctor _____

Phone Number _____

Nurse _____

Phone Number _____



Memorial Sloan-Kettering
Cancer Center

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