

# 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 \_\_\_\_\_



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