

**Award Winning International Cosmetic Tattoo Specialist**  
**Cosmetic Colour Tattooing – Scar Camouflage**

**Aftercare Instructions**

Thank you for allowing me to perform your cosmetic tattoo treatment today. I would like to explain some of the things you will notice after having your treatment done and outline the aftercare necessary to look after the treated area.

Please read and follow your instructions carefully.

**PROTECTION OF YOUR NEW TREATMENT IS VITAL!**

An “aftercare pack” is available for purchase following your treatment and each pack is specifically designed to care for the individual area treated. You will also need to purchase a tube of Bepanthen Antiseptic Ointment from your pharmacy. It keeps the treated area moist during the healing period which is vital to help the tattooed area retain colour.

Never leave home without your Bepanthen Antiseptic Ointment – otherwise your treated area will dry out and scab.

**GENERAL INSTRUCTIONS**

1. The area tattooed will initially be swollen, tender, slightly red and weeping. There may also be bruising. It is important to gently 'blot' the skin with a clean moist wipe or tissue (provided in your aftercare pack) to remove the excess fluid that will form over the tattooed skin. **DO NOT** wipe or rub the area.
2. The first thing to remember, is that for the first 2-4 weeks after your treatment the area tattooed will appear darker in colour while the healing process takes place. Do not worry, the colour will fade over the following few weeks.
3. Do not apply any makeup to the tattooed area for 7 days. Do not directly wet/soak the tattooed area for 7 days.
4. The area tattooed will feel dry, tight and slightly itchy for several days once the moist weeping skin has started to heal. Do not pick or scratch the tattoo at any time as this will physically remove areas of the colour and lead to patchiness of your tattoo or even scarring of the skin. Picking or scratching can also introduce bacteria and infection into the area treated. The tattooed skin should be allowed to heal fully and shed away naturally.
5. Try to keep hair away from your face, avoid putting your fringe over your eyebrows for 7 days as this could introduce dirt and infection. Remember to tie hair back in a ponytail at night while sleeping.
6. Do not sunbathe, use sunbeds or solariums for 4 weeks after your tattoo treatment and after this time you should apply a complete sunblock over the tattooed area to protect it from fading with the UV light and wear sunglasses to protect eyeliner.
7. Avoid swimming in chlorinated pools for 4 weeks as it may fade or alter the colour of the tattoo and after this time protect the tattooed area by apply a smear of waterproof ointment such as Vaseline or Bepanthen.
8. Do not use AHA, BHA, Vit C or any other acidic skin care products over the tattooed area as they will fade or alter the colour of the tattoo.
9. If you have any cosmetic treatments near a tattooed area e.g. IPL, Laser, Chemical Peel etc please inform the laser operator of your Cosmetic Tattoo procedures because some treatments when performed near or over a cosmetic tattoo will make the tattoo change colour.

## **AREOLAS – POST MASTECTOMY RECONSTRUCTION OF BREAST AREOLAR +/- NIPPLE**

After the cosmetic tattoo treatment the area will be red, swollen and tender for 2 or 3 days. Keep the tattooed area moist by applying Bepanthen Antiseptic Ointment to the skin twice daily for 5 days. Protect the skin from rubbing on your bra by using tissues, nursing pads or Glad Wrap. After 5 days, apply the ointment once a day until the next visit. Areola procedures are not complete in one visit, multiple treatments are necessary for successful results. Retouches are required approximately every 2-3 years.

### **SCARS**

After the treatment, the area will appear pink for several weeks, sometimes months. Make-up can be worn over the area the next day if necessary. Keep the treated area covered for 1 day (if possible), applying Bepanthen Antiseptic ointment constantly to keep the skin moist, then apply twice a day. Scars need multiple treatments. Your next treatment should be no sooner than 6 weeks.

### **REMOVAL LIGHTENING OF COSMETIC TATTOO TREATMENTS**

Apply Bepanthen Antiseptic only once on the day of treatment and then leave to dry out. Scabbing will help lift the colour out. Multiple Treatments are necessary for lightening of colour. The colour is never totally removed. If the area feels extremely dry and uncomfortable, apply a smear of Soothing Cream or Aloe Gel. Sometimes removal procedures can cause slight indentations, whitening and a smoother texture on the area treated.

### **HAIR FOLLICLE REPIGMENTATION TO ENHANCE RECEDED HAIRLINES OR HAIR THINNING**

During the healing process you will experience a slight tight feeling over and around the tattooed area. As the scalp skin heals, the area can often form a slight crusting which will begin flaking off, taking some colour, over approximately 3-14 days (DO NOT pick or scratch this skin).

Swelling is very minimal and with most clients it will disappear within 24 hours. This will not prevent you from working or socializing. The area can feel just a little tender for a few days but you will love the result and wonder why you waited so long to have it done. When this healing process is finished, the result in 6 weeks will in most cases be a softer colour which looks very natural like normal hair follicles.

Immediately after your treatment, you will need to occasionally 'blot' the scalp skin for 1-2 hours. The skin may weep a clear fluid which is normal. Blot it firmly with a moistened wipe (provided in your aftercare pack) to remove the fluid, otherwise a crusting or scab will build up which will physically remove part of the tattooed colour.

Apply a fine smear of Bepanthen ointment every 6 hours for 7 days to promote healing and colour retention over the area. There is no pain, only a slight tenderness and very minimal swelling and bruising may occur lasting around 24 hours. Cold compresses or ice packs (provided in your aftercare pack) will help settle any tenderness, if necessary. Please read the instructions in your aftercare pack as they outline the contents of the pack and how to use any medications contained.

**PLEASE NOTE: IF ANY UNUSUAL REDNESS, EXCESSIVE ITCHINESS, LUMPS, PROLONGED TENDERNESS OR SWELLING APPEAR ON ANY OF THE TATTOOED AREAS CALL OUR OFFICE IMMEDIATELY ON (07) 55 933 388.**

### **FOLLOW UP TREATMENT**

It is best to wait 4-6 weeks before considering any adjustments to Cosmetic Tattoo Face and Body Procedures. A review appointment will be arranged for 4-6 weeks after your initial treatment. At that time, any minor adjustments required will be performed free of charge for eyebrow & eyeliner tattoos and for a minimal charge if altering a lip tattoo or scar treatment.

We advise you to have your Cosmetic Tattoo Treatments retouched and refreshed with colour every 12 months. Ask about our Special Refresh and Retouch prices or see our price list for information.

I hope you love your cosmetic tattoo treatment.

*Diana Joyner*