



PRE-APPOINTMENT & AFTERCARE INSTRUCTIONS

AREOLA TATTOO

Aftercare Instructions | Tegaderm Method

- Keep the Tegaderm bandage on from the time of your appointment — do not remove or peel it early. It is protecting the area as it begins to heal.
- On Day 7, remove the bandage while in the shower. Let warm water gently loosen the adhesive, and carefully peel it away without pulling or forcing.
- Once removed, gently wash the entire area with your fingertips using a mild, fragrance-free soap. Rinse well, then gently pat dry with a clean towel — do not rub.
- After the shower, stay topless for one full hour to allow the areolas to air dry completely before covering the area with clothing.

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Aftercare Instructions | Non-Adhesive Method

Caring for your areola tattoo properly in the first few days is essential to ensure optimal healing and long-lasting, beautiful results. Please follow the steps below:

- **Day 1: After Your Appointment**

- Leave the non-adhesive pads placed on during your treatment in place overnight with a loose-fitting bra to hold them in place.
- If the pads don't easily come off in the morning, wear them into the shower and allow warm water to soak the pads — this will help them gently release without pulling pigment from the skin.

- **Days 2–4: Morning Routine**

- Each morning for the next three days, repeat the following steps:
- Gently cleanse your areola tattoos in the shower with warm water and mild, fragrance-free soap.
- Once out of the shower, pat dry with a clean towel and allow the area to air dry for 3–5 minutes.
- Use a q-tip to apply a small amount (dime-sized) of Aquaphor to each areola.
- Place a new non-stick pad over each tattoo and wear a loose-fitting bra to hold the pads in place.
- Repeat these steps again each morning for the next two days.

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Aftercare Instructions | Non-Adhesive Method

- **Day 4: Final Step**

- After your shower and gentle cleansing, do not reapply pads or ointment.
- Sit topless for one full hour to allow the skin to completely dry out.
- After that hour, you may wear a loose-fitting bra — no pads or ointment needed from this point forward.

- **Healing Tips:**

- A light scab will form over the treated area in the first week — this is completely normal.
- Do not pick, scratch, or rub the area as it heals.
- Avoid sweating, tight clothing, and direct friction on the area for at least one week.
- Do not submerge in water (baths, pools, hot tubs, oceans) for at least 10 days.
- Once the scabs naturally fall off, you can begin applying a gentle, fragrance-free lotion to relieve dryness for the next 2–3 weeks.