

Nipple areola micro-pigmentation – aftercare

What should you expect after the procedure?

You will experience slight swelling and redness following the micro-pigmentation procedure and the skin may feel 'tight'. To ease discomfort you may take Paracetamol (do not exceed the maximum dosage of 8 (500mg) tablets in 24 hours). These symptoms will subside within 1–7 days, depending on how sensitive your skin is.

You should be able to resume normal activities immediately following the procedure: however, exercises producing excessive perspiration and exposure of the treated area to the sun should be avoided until the area is fully healed.

If you swim, or the area is in contact with chlorine or saltwater during the healing phase, the pigment is at risk of bleaching.

Over the initial few days the pigmented area of skin will form a crust/scab. This will last for 14–21 days until healing takes place. You will then notice slight to moderate fading of the pigment and softening of the colour.

It is important that the healing process takes its natural course. Pigment will be lost if the crusts/scabs are removed or knocked off prematurely.

Skin care instructions

The following instructions must be carefully followed for at least two weeks post procedure to ensure pigment retention, prevention of infection and successful results:

- When showering or bathing take care not to soak the pigmented area with water
- Do not use soap, sunbathe, swim, sauna or Jacuzzi during the two weeks following both the initial and follow-up procedures
- Keep the pigmented area clean and dry
- Do not sleep on your stomach
- If a crust appears on the areola, do not pick or peel it off, as this would remove the pigment as well as the crust
- To prevent infection, try not touch the pigmented area with your fingers until it is completely healed
- Return as scheduled for a follow-up appointment

Contact details

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**To amend your follow-up appointment please contact either of the specialist nurses or
Bev Chambers – secretary on 0121 371 4898**

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