



PRE-TREATMENT ADVICE - all treatments

- You should be in general good health to have treatment. If you are feeling unwell in any way, please contact me immediately so I can determine whether or not your treatment should be rescheduled until you are feeling better.
- Do not take aspirin, ibuprofen or coumadin for two days before and two days after your treatment.
- Important: do not discontinue any prescribed medication without first consulting with your doctor.
- Alcohol consumption should be kept to an absolute minimum for 2 days before and after each treatment.
- Refrain from using sunbeds and avoid natural sun exposure for two weeks before and two weeks after your treatment.
- Smoking, Caffeinated Coffee, Fish Oil and other blood thinners, and also Vitamin A supplements can affect the results of your treatment. The longer you can abstain from taking or using these the better the results. I recommend a minimum of 2 weeks prior.

AREOLA

- It is essential that you are not tanned when skin tone colour match takes place
- Exfoliate the breast two days before the appointment date. (An exfoliating hand mitt is good for this)

MEDICAL
Pre & Post Treatment Advice

AFTERCARE ADVICE

Proper care following your procedure is necessary to minimise any risk of infection and to achieve the best results.

It is important that you review and adhere to the following directions.

If during the healing process you have any questions or concerns, please contact me.

AREOLA

- Colour intensity will be significantly sharper and darker immediately after treatment. As the healing occurs, the colour will soften and lighten by up to 40%. If this is your first session, keep in mind that in many cases, some unevenness of colour is to be expected and will be assessed at the re-touch visit
- There may be slight swelling and redness after each treatment session. In some very rare cases, you might see slight bruising
- Please leave the plaster on for 7 days; it is waterproof
- If you notice any fluid build up or murkiness, remove plaster in the shower and allow the water to wash over the artwork, then pat dry.
- Apply a thin layer of the given cream over the artwork only, making sure not to apply to the surrounding skin.
- Apply a new plaster to the area, ensuring it forms a watertight seal, especially on the top edge.
- Redness in the area is normal; if this does not subside within 24-48 hours, please contact me or your doctor
- **No swimming, saunas, long showers or baths for 14 days**

If you cannot wear plasters

- **Days 1-7:** Clean the treated area morning and night with boiled and cooled water. (Puromist may also be used)
- Pat dry and apply a thin layer of provided cream and cover in
- cling film.
- **Day 8 onwards:** continue to apply the cream morning and night
- **No swimming, saunas, long showers or baths for 14 days**

SCARS, BURNS, SKIN CAMOUFLAGE

Treatment Day

- Immediately after treatment, your specialist may cover the treatment area with a gauze swab and cling film, just to keep the area clean and dry for your journey home.
- Once you arrive home, please remove any covering so that the area is exposed to air and can heal.
- If you find any lymphatic fluid or blood weeping from the area, gently clean with the Puromist® wipe. Be sure to blot dry with a fresh, clean piece of gauze.
- We recommend wearing loose clothing while the treated area in healing to avoid any friction or rubbing.

You may experience the following for 72 hours post treatment:

- Tenderness.
- Dryness and itchiness in the treated area.
- Do not panic if the treated area shows redness or swelling, or if the colour looks dark and more intense than desired. This is all quite normal during the first few days immediately after your treatment.

General Advice

- The morning after treatment you may shower. However, we recommend you do not allow the water jets to directly hit the treated area.

- If the area gets wet, use clean towel or dry gauze to blot the area dry. Do not rub.
- If you wish to bathe, avoid soaking the treated area in the bath water.
- Avoid using any soap, shampoo, cleansers or cosmetics on the treatment area for the first 5 days. These may irritate the skin and / or cause infection.
- Do not expose the healing skin to direct sun, tanning beds, Jacuzzis, saunas, hot yoga, saltwater, chlorinated pools, direct shower spray, hot water, skin creams or ointments (unless recommended by your technician) for at least 5 days.
- Avoid any strenuous exercise or anything that causes excessive sweating, such as going to the gym, for at least 5 days.
- The body's natural defences will form a fine scab to protect the area while healing.
- After a few days, the scab will slough away. Please do not pick, scratch or pull at any scabs as this may lead to infection and scarring, as well as pulling the pigment out. Allow them to exfoliate naturally.
- After the scabs have exfoliated, you will see a lighter hue to the implanted colour which is more realistic compared to the colour you saw immediately after treatment. After 4-6 weeks, the colour will appear to take on a new strength and look very natural.

Important Information

Additional micropigmentation procedures cannot be undertaken until the area has completely healed. We recommend at least 4-6 weeks between treatment sessions.

If you have had pigment implanted, once the treated area appears healed on the surface (typically 3-5 days after treatment), consider using a broad-spectrum sunblock of at least SPF30. This will help protect the area from UV light and minimise risk of premature pigment colour fade.

Giving Blood: Please check at www.myblood.co.uk for current guidelines regarding giving blood after your procedure.

- Laser: Laser hair removal should be undertaken BEFORE a medical tattoo procedure is carried out. Pigments may contain titanium dioxide which can turn black when lasered.
- MRI Scans: Please notify your radiologist that you have had a micropigmentation procedure

Skin Camouflage

- Multiple procedures are required to achieve a natural and realistic match to your natural skin tone.
- We recommend an annual Colour Boost to keep the colour looking realistic.
- Should you experience a hyper-pigmented halo around the edge of the treated area, please do not be alarmed. This will fade with time.
- Avoid wearing tight, restrictive clothing during the healing process. Either keep the area exposed to the air, or wear loose fitting clothing.
- Follow general advice with regards showering and bathing.

Facial Feature Restoration

- You may notice whitening or blanching in the treated area. This is quite normal and will subside after a few hours.
- Use of strong chemicals, glycolic / acid peels and exfoliating products may cause pigment to prematurely fade and lighten.
- If you have had a procedure in the lip area, please be aware that laser hair removal can alter pigment colour. It is therefore very important if you are considering having laser treatment, you inform the Laser Specialist that you have had lip micropigmentation.

Scars & Burns

- The treated area must be left uncovered for the duration of healing. Follow general advice on showering and bathing.

RECOMMENDED AFTERCARE PRODUCTS

I have several excellent products which you may wish to purchase to care for the treated area(s) between and after treatments.

TROPIC Skincare

These award-winning products are vegan, cruelty-free, are made from naturally derived products and are rated green by Think Dirty@:

Tamanu Balm: Repairing, soothing and hydrating balm.

Supergreens Nutrient Boost oil: reduces redness and promotes cell repair

Elixir Age-Defying Omega Oil: nourishes, hydrates and stimulates collagen.

Mama Balm: Skin repair with deep, nourishing hydration

Puromist®

Cleans and purifies the skin of 99.9999% of bacteria and leaves an anti-microbial layer protecting your skin from nasty pollutants that can cause breakouts, bacteria and redness.

Thank You

I hope you like the results of your treatment. I would love it if you could take a moment to leave a review by scanning one of the QR codes below. This can help those who may be thinking of having a treatment to decide whether or not to go ahead.



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