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Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

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Please contact us if you need general information or advice about

Trust services: [www.bartshealth.nhs.uk/pals](https://www.bartshealth.nhs.uk/pals)

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Patient information

# Aftercare Following Micropigmentation (Medical Tattooing)



## Introduction

This leaflet tells you about aftercare following micropigmentation.

### It's important you follow these instructions in order to achieve the best result from the procedure.

- If you have a dressing covering the treated area, remove it as soon as you get home. If you find any lymphatic fluid or blood weeping, gently pat the area with gauze soaked in saline or cool boiled water. Blot gently with sterile gauze to dry and remove all moisture.
- Do not pull the dressing if it is stuck to the treated area. Instead, gently soak the dressing with saline or cool boiled water to loosen it.
- Before showering or bathing, apply a light coating of petroleum jelly to protect the pigmented tissue. This provides a temporary sealant to protect the damaged tissue. If showering within 24 hours of having this procedure, avoid using the water jets and soap on the affected area.
- Do not pick, peel, or pull the crust if it appears as this will result in pigment loss and the tattooed area can appear uneven. The wound will go through the healing phases of heal, peel and fade. You will notice a slight fading of the pigment and softening of the colour as it fades.
- Do not go to the gym, sauna, jacuzzi or pool for a week following procedure.
- Once the area has healed, in approximately one week, consider using a waterproof total sunblock (SPF 50) when going out in the sun to prevent colour fade.
- If you want to use make up, we recommend that you purchase new products to avoid cross contamination or wait until the wound is healed.

## Important information after your procedure

- Avoid giving blood for at least four months.
- If you require an MRI (Magnetic Resonance Imaging) scan in the future, please tell your radiologist that you have had a micropigmentation procedure. This type of pigments show up as an artefact on the scan and you may experience a tingling sensation.
- Avoid dermal fillers, e.g., Botox as they can affect the shape e.g., Eyebrows, lips.
- Laser hair removal in the micro pigmented area can cause colour change which cannot be rectified. Please advise your technician that you had a micropigmentation procedure.

### Will it be painful after the procedure?

- Some patients may or may not experience discomfort of pain just after the procedure for a few hours. If this happens, do take pain relief that you normally take if need be.

### Will I need to repeat the procedures?

The micropigmentation procedures may need to be repeated six weeks after your initial treatment. You are likely to need further micropigmentation procedures every twelve to eighteen months up to and every two to three years on areas covered by clothing. Eg. Nipple areola area.

### Contact us

If you have any queries about your after care, contact the **Plastic Surgery Department on 0203 594 6668** (9am-5pm, Monday & Wednesday) or email us on [BHNT.PlasticSurgery@nhs.net](mailto:BHNT.PlasticSurgery@nhs.net)