

# Micropigmentation (medical tattooing)



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(adapted from Barts Health NHS Trust)

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**This leaflet provides information about micropigmentation (medical tattooing). It is important that you take time to read this leaflet before you sign the consent form to agree for your treatment to go ahead.**

## What is micropigmentation?

Micropigmentation is a process which involves implanting colour pigment into the dermal layer of the skin to create a semi-permanent colour using very fine sterile needles. The procedure is used to compliment plastic surgical reconstructions of different parts of the body and to give as natural a result as possible, e.g. Nipple Areola Complex tattooing.

## What happens before the procedure?

You will be asked to attend the clinic for an initial consultation regarding the procedure. Digital images will be taken before and after the procedure.

This is also an opportunity for you to ask the clinician any concerns that you may have to ensure that you are fully informed before your treatment begins.

## Where is the procedure carried out?

The procedure is carried out in the Broadland Outpatient clinic, Ground Floor, North Corridor, James Paget University Hospital.

## Will I need anesthetic?

You will be given a prescribed anesthetic cream that will be applied half an hour before the procedure if and when required.

## How long will the procedure take?

The clinician will discuss the length of your specific procedure. Most procedures will take 20 to 40 minutes to complete.

## What should I expect after the procedure?

The treated skin area may swell or show redness and the colour will appear darker and more intense. This will last for several days. If you find any lymphatic fluid or blood weeping, you can gently clean the area with gauze soaked in normal saline or cooled boiled water. These symptoms will subside within a week depending on your skin sensitivity. Complete healing can take up to six weeks whilst the pigment in the skin matures and the true colour emerges.

Everyone's skin type is different so a repeat procedure may be required after six weeks especially if you have had radiotherapy as this can affect the colour.

## Are there any risks?

Micropigmentation is a straightforward procedure; however there is a small risk of infection. It is important you follow the aftercare instructions given to you following the initial procedure.

We wait at least 4-6 months after your operation before undertaking the procedure to reduce the risk of any infection or healing problems, especially if you have an implant reconstruction.

## When can I resume my normal activities?

Generally, you can resume normal daily activities following the procedure. The clinician will inform you when you can resume your work depending on what you do.

For further information, refer to the aftercare leaflet.

## Will I have any follow up appointments?

You should also have a further appointment after six to eight weeks to see if the treatment has been successful.

## Contact us

If you have any queries about your after care, contact the **Breast Care Nurse Specialists on 01493 452447**

### Your Feedback

We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

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### OUR VALUES

#### **Collaboration**

We work positively with others to achieve shared aims

#### **Accountability**

We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan

#### **Respect**

We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride

#### **Empowerment**

We speak out when things don't feel right, we are innovative and make changes to support continuous improvement

#### **Support**

We are compassionate, listen attentively and are kind to ourselves and each other



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

**For a large print version of this leaflet, contact PALS 01493 453240**