

Aftercare following micropigmentation (medical tattooing)

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(adapted from Barts Health NHS Trust)



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This leaflet tells you about aftercare following micropigmentation.

Please follow these instructions in order to achieve 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.
- If the dressing is stuck to the treated area, do not pull it off. 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 your 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 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, approximately one week, consider using a waterproof total sunblock (SPF 50) when going out in the sun to prevent colour fade.

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.
- 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 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 procedures every two to three years on areas covered by clothing.

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



IN TRAN communication for all
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