

MEDICAL MICROPIGMENTATION PRE/POST TREATMENT ADVICE

If after reading this aftercare advice you have any queries, or if you feel that your procedure is not healing as explained, or if you feel any discomfort or heat in the treated area, please telephone your specialist immediately.

Your procedure was performed using single use sterile needles in an aesthetically clean environment. It is your responsibility to follow the aftercare advice given to you to avoid any risk of infection. Home care post procedure is now down to you.

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 gauze and saline or boiled and cooled water. Be sure to blot dry with a fresh, clean piece of gauze.
- 👉 We recommend wearing loose clothing while the treated area is 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 a 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's causes excessive sweating, such as going to the gym for at least 5 days.

The Healing Process

The healing process consists of three phases:

- 👉 **Heal** - The body's natural defences will form a fine scab to protect the area while healing.
- 👉 **Peel** - 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.
- 👉 **Fade** - 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: The Red Cross advises that you should wait 4 months before giving blood.
- 👉 MRI Scans: Medical micropigmentation can show up as an artefact on the scan. Some patients may experience a tingling sensation. Please notify your radiologist that you have had a micropigmentation 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.

Body 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 area, 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.
- 👉 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.

AFTERCARE PRODUCTS

I have several excellent products which you may wish to purchase to care for your scar or burn between treatments. Made by TROPIC Skincare, these award-winning products are vegan, cruelty-free, and are made from naturally derived products and are rated green by Think Dirty®:

- Tamanu Balm:** Repairing, soothing and hydrating balm. **£16 for 20ml**
- Supergreens Nutrient Boost oil:** reduces redness and promotes cell repair. **£42 for 30ml**
- Elixir Age-Defying Omega Oil:** nourishes, hydrates and stimulates collagen. **£24 for 30ml**

Please let me know if you would like to purchase any of the above.

Room 2, First Floor, 14-16 High Street, Storrington, West Sussex. RH20 4DU

☎07484 118255 ✉Taaniapca@gmail.com www.taaniawood.com