



## AFTERCARE INSTRUCTIONS FOR 3D NIPPLE/ AREOLA TATTOOING

1. WHEN YOU GET HOME REMOVE THE CLING WRAP AND GENTLY WASH WITH ANTIBACTERIAL SOAP & WARM WATER USING YOUR FINGERS. DO NOT SCRUB!
2. LIGHTLY PAT DRY WITH A CLEAN TOWEL, THEN APPLY A SMALL AMOUNT OF AFTERCARE CREAM. AT INK HAUS, WE STOCK AUSSIEINKED AFTERCARE CREAM BECAUSE IT'S MADE FROM NATURAL INGREDIENTS, IS NOT TESTED ON ANIMALS AND IS VEGAN. (BEPANTHEN FIRST AID ANTISEPTIC CREAM IS ALSO FINE)
3. APPLY A NON-STICK PAD OR A PANTYLINER INSIDE YOUR BRA TO AVOID YOUR NEW NIPPLE FROM GETTING STUCK TO YOUR BRA/CLOTHES. (YOU CAN PUT SOME CLING WRAP OVER THE NIPPLES BEFORE BED AND REMOVE IN THE MORNING IF YOU ARE AFRAID OF THE TATTOO STICKING TO THE PAD, YOUR CLOTHES OR YOUR SHEETS.) PLEASE DON'T KEEP THE CLING WRAP ON FOR ANY LONGER THAN A FEW HOURS DURING THE DAY, IT IS ESSENTIAL THAT THE TATTOOED NIPPLE GETS PLENTY OF AIR, SO TRY MAKE SURE YOU HAVE A FEW DAYS DOWNTIME TO MAKE THIS PROCESS EASIER. IF YOU CAN'T GET ANY DOWN TIME FROM WORK OR COMMITMENTS, THEN JUST MAKE SURE YOU FOLLOW THE TIPS ABOVE TO ENSURE YOU TATTOO DOESN'T STICK TO YOUR BRA.
4. APPLY AFTERCARE CREAM 2-3 TIMES A DAY, EACH TIME REAPPLYING A SMALL AMOUNT OF AFTERCARE CREAM. REPLACE WITH FRESH PAD IF YOU THINK IT NEEDS REPLACING THAT DAY. EACH DAY NEEDS A FRESH LINER. ALWAYS USE FRESH CLING WRAP IF YOU NEED TO USE THIS METHOD.
5. REPEAT STEPS 1-4 FOR APPROXIMATELY A WEEK.
6. DO NOT WEAR THE PADS OR CLING WRAP 24 HOURS A DAY. YOU MUST LET THE TATTOO AIR OUT AT SOME POINT DURING EACH DAY FOR SEVERAL HOURS.
7. WHEN MOST OF THE SCABS ARE GONE YOU MAY SWITCH FROM AFTERCARE CREAM TO A MILD MOISTURISING LOTION OR COCOA BUTTER. (NO HARSH CHEMICALS OR FRAGRANCES IN THE MOISTURISING CREAMS) AT THIS POINT YOU ARE NOT REQUIRED TO USE A NON-STICK PAD. CONTINUE TO APPLY LOTION DAILY.

8. SOME FLAKING OR SCABBING MAY OCCUR, THIS IS NORMAL. IF SCABS BECOME BRIGHT RED AROUND THE EDGE, PLEASE CONTACT ALEISHA FOR ADVICE. HOWEVER, MOST SCABBING AND PEELING IS A VERY NORMAL PART OF THE PROCESS. YOUR TATTOO MAY ALSO BE ITCHY- THIS IS NORMAL AS WELL.

10. IF ANYTHING LOOKS UNUSUAL SUCH AS OOZING, REDNESS, CRACKING, SWELLING, WARM TO THE TOUCH CONTACT ALEISHA IMMEDIATELY.

#### HELPFUL HINTS DURING HEALING

- THE MAIN IDEA IS TO KEEP THE AREA HYDRATED UNTIL HEALED BUT NOT TO USE EXCESS AMOUNTS OF CREAM.
- AFTER THE FIRST DAY YOU WEAR A COTTON T-SHIRT AS A BREATHABLE BANDAGE IN PLACE OF THE NON-STICK PAD AND BRA AS OFTEN AS POSSIBLE. IF YOU MUST WEAR A BRA OR TIGHT CLOTHING YOU WILL NEED A PAD/ PANTYLINER INSERTED INSIDE YOUR BRA.
  - AVOID SWIMMING, BATHTUBS, SAUNAS ETC. UNTIL HEALED. SHOWERS ARE OKAY.
- FEEL FREE TO WORKOUT AS USUAL. (WEAR A BRA AND NON-STICK PAD AND CREAM IF WITHIN THE FIRST 4 DAYS)
  - SOME ITCHING AND FLAKING WILL OCCUR BUT DO NOT SCRATCH.
- YOU SHOULD HEAL COMPLETELY IN A WEEK BUT IT MAY TAKE SEVERAL WEEKS FOR THE AREA TO SETTLE INTO ITS FINAL APPEARANCE. THE AREA MAY LIGHTEN SLIGHTLY BUT THE FINAL RESULT SHOULD LAST A LIFETIME.
  - IF THE AREA IS NOT HEALED AND SMOOTH IN APPROX 3-4 WEEKS -CALL YOUR ARTIST.
- IF YOU HAVE ANY QUESTIONS PLEASE FEEL FREE TO CONTACT ALEISHA AND ASK ANY QUESTIONS.