

Micro-pigmentation (medical tattooing): aftercare advice

Information for patients

Do not be alarmed by the darkness immediately after your treatment. To start with the trauma to the area will be very visible, making the colour appear darker and more red. This will begin to disappear as you start to heal. The top layer will flake away leaving the pigment inside your skin, which will be a far softer version than what you will see today. This will take five to seven days.

It is important you follow the guidelines below to make sure you get the best possible result from your micro-pigmentation treatment.

Additional treatments cannot begin until the area has completely healed.

On the first day after your procedure

- Gently remove your dressing and allow the area to air for at least one hour.
- Make sure you cover your tattoo with the prescribed ointment and redress before going to bed.

For the first week after your procedure

- Apply a generous layer of ointment before having a bath or shower, this will act as a barrier between the water and your tattoo.
- Avoid direct jets from the shower, or soaking in the bath for too long, otherwise this will cause the pigment to be removed whilst healing. Gently pat the area dry, avoiding excessive rubbing.
- A thin layer of ointment can be applied each day. Make sure your hands are clean before applying. This will help to heal the area with minimal scabbing. Continue this for four to seven days, washing your hands after each application. Apply fresh ointment as and when needed.



For two weeks after your procedure

- Avoid using soaps/cleansers on the area, long hot showers, chlorinated or salt water, saunas, jacuzzis, direct sunlight, and tanning treatments including artificial and all aloe products.
- It is normal for you to have some swelling around the treated area for a couple of days, and crusting of your tattoo. It is important that you do not pick at these scabs as this will result in the colour being removed.
- Speak to your GP or other healthcare professional if you see signs of extreme redness or puss.

Frequently asked questions

- **Q: Can I go swimming?**

A: Until the area has fully healed we advise you not to go into chlorinated water (pool, spa, jacuzzi). However, if this is unavoidable then we advise you to add a layer of Vaseline over the treated area.

- **Q: Can I go out in the sun?**

A: Your treated area should not be exposed to direct sunlight until fully healed. Once it has fully healed though you may go out in the sun, but we advise a waterproof sunblock to prevent sunburn, fading, and colour changes.

- **Q: When can I use my normal products again, for example bubble bath, moisturisers, and make-up?**

A: Once the area has healed, usually after 10 days, you may begin your normal skin routine.

- **Q: When should I come back to the clinic?**

A: Follow-up sessions may be needed to achieve good results. A follow-up session will be booked for you, however if you are satisfied with your colour and there is no need to come back, please tell the clinic. Usually two to three sessions will be enough.

- **Q: How will I know if I have an infection?**

A: Infection is very rare. Colours will appear very intense immediately after the session, and you may have a few spots of blood and some swelling. If the treated area continues to stay red and swollen causing excessive heat and pain, we advise you to contact your GP for advice.

Please note

- If you ever have a MRI (magnetic resonance imaging) scan, the tattooed area may show up on the scan. Some patients have reported feeling a tingling sensation. If this happens, please tell your radiologist.
- Remember you will have to go through three phases: **heal, peel, and fade.**
- If you are considering **laser or any other skin altering procedures** to the treated area, such as chemical peels, please be aware that this may change the colour. If you are considering botox or collagen, please note injectables can change the position of eyebrows and lip liner if your treatment was to these areas.

Further information

If you have any questions or need further information, please contact:

- **Rachel Jenner, Head Maxillofacial Prosthetist**
Telephone: 01233 65 18 59 (Monday to Friday 8:30am to 4pm)

This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhufft.nhs.uk/patientinformation