



Micro-pigmentation (medical tattooing): aftercare advice

Information for patients from the Maxillofacial Unit

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 5 to 7 days.

You must 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 1 hour.
- Make sure you cover your tattoo with the prescribed ointment.
- Cover your tattoo with a clean dressing before going to bed.

For the first week after your procedure

- Apply a generous layer of ointment before having a bath or shower. This acts as a barrier between the water and your tattoo.
- Avoid direct jets from the shower, or soaking in the bath for too long. This can cause the pigment to be removed whilst healing. Gently pat the area dry, avoid rubbing the area too much.
- Apply a thin layer of ointment each day. Make sure your hands are clean before applying. This will help to heal the area with minimal scabbing. Continue this for 4 to 7 days, washing your hands after each application. Apply fresh ointment as and when needed.

For two weeks after your procedure

- Do not use soaps / cleansers on the area.
- Avoid taking long hot showers.
- Avoid chlorinated or salt water, or saunas or jacuzzis.
- Do not go in direct sunlight.
- Do not have 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. Do not pick at these scabs, as this will remove the colour.
- Speak to your GP or other healthcare professional if you see signs of extreme redness or puss. This could be a sign that you have developed an infection.

Frequently asked questions

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

A: Until the area has fully healed, do not go into chlorinated water (such as a pool, spa, or jacuzzi). If this is unavoidable add a layer of Vaseline over your tattoo.

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

A: Do not expose your tattoo to direct sunlight until fully healed. Once it has fully healed you may go out in the sun. Use 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 tattoo has healed (usually after 10 days) you may begin your normal skin care routine.

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

A: You may need follow-up sessions to get good results. A follow-up session will automatically be booked for you. However, if you are satisfied with the 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. You may have a few spots of blood and some swelling. If the tattoo continues to stay red and swollen causing excessive heat and pain, 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 have laser or any other skin altering procedures to the treated area, such as chemical peels, this may change the colour. Botox or collagen injections 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:

- **Head Maxillofacial Prosthetist**

Telephone: 01233 651859 (Monday to Friday 8.30am to 4pm)

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Giving feedback about this leaflet



<https://www.smartsurvey.co.uk/s/MDOBU4/>

If you would rather talk to someone instead of filling in a survey, please call the Patient Voice Team.

- **Patient Voice Team**

Telephone: 01227 868605

Email (ekhuft.patientvoice@nhs.net)

This leaflet has been produced with and for patients.

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email (ekh-tr.pals@nhs.net).

Patients should not bring 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 has been handed into Trust staff for safe-keeping.

Further patient information leaflets are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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