

NIPPLE TATTOO PRE AND POST INSTRUCTIONS

ONE WEEK BEFORE:

1. Avoid the following medications and foods, as their consumption causes an increased likelihood of bleeding problems: Steroids, anti-inflammatories, aspirin, ibuprofen, or any medicines containing aspirin or ibuprofen. (i.e. Motrin, Advil, Aleve, Excedrin, Midol). If needed, use Tylenol instead. Foods and herbal supplements containing garlic, ginger, ginkgo, Feverfew, St. John's Wort, dong quai, pure licorice, fishoil, Glucosamine or Vitamin E (found in all multi-vitamins). Avoid drinking red wine. If you have any questions about a particular medication or supplement, please call the office.
2. Nicotine must be avoided for 2 weeks prior to the procedure and 2 weeks after your procedure.
3. If you are taking any medications that have been prescribed by another physician, please review these with your physician.

ONE DAY PRIOR TO PROCEDURE:

1. Do not drink alcoholic beverages for 24 hours prior to the procedure.

DAY OF PROCEDURE:

1. Shower and wash area, do not use any creams on the breast area. Wear a loose top with a bra to procedure.
2. Do not drink any caffeinated beverages prior to arrival. This includes coffee, tea, sodas or any other beverage that contains caffeine.

CARE FOLLOWING THE PROCEDURE:

1. **DRESSINGS:** Apply bacitracin and use non-woven pads to cover to the tattooed area for the first 48 hours. After 48 hours apply a light layer of Aquaphor® ointment twice daily with non woven pads and a clean bra for 1 week. Make sure to use a q-tip to apply ointment or thoroughly cleansed hands.
2. **SHOWERING:** Shower the day after your procedure. Apply a heavier layer of Aquaphor® ointment to the tattooed area prior to a shower to protect the area. Avoid direct heavy water pressure with hot steamy water for 5-7 days. Tap area dry after shower, and apply a light layer of Aquaphor and dressing instructions.
3. **MEDICATIONS:** Take Tylenol for any discomfort. If you have a history of cellulitis please take antibiotic tablets as directed. Continue to avoid aspirin and ibuprofen products for one week after procedure.
4. **FOLLOW-UP.** A second procedure is best and necessary post 1-2 months to ensure perfection and longevity of definition and color.
5. **IMPORTANT INFORMATION:** Do not pick or scratch off any flaking in tattooed area. 24 hours post procedure, no strenuous exercise (i.e. gym).
6. If you any concerns about the tattooing while healing please contact Joan Freedman Clinical Director of The Whitney Center at 551-804-9245. If you experience frequent or unusual bleeding or discomfort please contact us as well as your referring physician.