



3D Areola Tattooing Aftercare

- Wear the same Tegaderm for 7 days after procedure
- Shower with Tegaderm on
- Do not submerge in water (bath, pool, ocean, hot tub etc.) for 14 days
- Do not workout or sweat for 48 hours

On Day 7

- Remove Tegaderm, get in the shower, clean with gentle soap, water and fingertips. examples of gentle soap: Dial, Dove, Cetaphil.
- After the shower sit topless, let air dry for 1 hour.
- Once dry text a picture to Kim at (949-723-0044) and she will determine if you need a touch up at 6 weeks.
- If you do not wish to send a photo, your doctor can determine if you need a touch up at your next appointment.