

Areolar Tattoo





Instructions for aftercare

- After 24 hours, the area should be washed with mild soap and water and should be exposed to the air when possible.
- Do not soak in the bath
- Do not scrub the tattooed site
- Temporary inflammation around the tattoo is common for the first day or two
- Crusting may appear and it is important not to pick at this or soak it off, as the scab may take the colour off with it.
- Apply vaseline sparingly to the area at night
- When the area is healed (usually 7-10 days), you can apply a simple, non perfumed moisturiser each day.
- The tattoo should not be exposed to sunlight for at least two weeks in order to prevent sunburn or pigment change.
- To prevent the pigment from fading, sunscreen (factor 15 or above) should be applied when sunbathing. Do not expose the tattoo to the UV light from sun beds.
- Swimming in the first few weeks is to be avoided in order to prevent the tattoo pigment from “leaking out.” Also, during this period of time, avoid taking hot baths, saunas or any other heat treatment. Vaseline can be used as a barrier cream.

Do not have laser treatment to the tattoo area, otherwise it will go black.

If you have any questions or concerns, please call the Breast Clinical Nurse Specialists at the RUH on 01225 824057 (Monday-Friday 08.30am-5pm)

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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Telephone 01225 825656 or Email ruh-tr.PatientAdviceandLiaisonService@nhs.net