

Areola & Scar Camouflage Pre & Post Procedure

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 (ie Motrin, Advil, Aleve, Excedrin, Midol). Foods and herbal supplements containing garlic, ginger, ginkgo, Feverfew, St. John's Wort, dong quai, pure licorice, fish oil, 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 two (2) weeks prior to the procedure and two (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 or caffeinated beverages 24 hours prior to the procedure. No blood thinning procedure.

DAY OF AREOLA PROCEDURE:

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

DAY OF SCAR CAMO PROCEDURE:

1. Shower and wash area, do not use any creams on the area being tattooed.
2. Do not drink any caffeinated beverages prior to arrival. This includes coffee, tea, sodas, or any other beverage that contains caffeine.

SCAR CAMO AFTERCARE:

1. Keep area away from water for first 24 hours
2. Apply A&D ointment or Aquaphor for 3 to 5 Days.
3. No vigorous exercise for first 24 hours as it can raise your blood pressure and cause you swell.

CARE FOLLOWING THE PROCEDURE:

1. **MEDICATIONS:** Take over the counter medication for any discomfort. If you have a history of cellulitis, please take antibiotic tablets as directed.
2. **FOLLOW UP:** A second procedure is best and necessary post 4-8 weeks to ensure perfection and longevity of definition and color.
3. **IMPORTANT INFORMATION:** Do not peel or scratch off any flaking in tattooed area. No vigorous exercise for first 24 hours as it may cause swelling. (i.e., gym)

** If you have any concerns about the tattooing while healing, please contact our office if you experience frequent or unusual bleeding or discomfort please contact us as well as your referring physician.