

## Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services: [www.bartshealth.nhs.uk/pals](http://www.bartshealth.nhs.uk/pals)

## Large print and other languages

This information can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request. For more information, speak to your clinical team.

এই তথ্যগুলো সহজে পড়া যায় অথবা বৃহৎ প্রিন্টের মত বিকল্প ফরম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্য ভাষায়ও পাওয়া যেতে পারে। আরো তথ্যের জন্য আপনার ক্লিনিক্যাল টিমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

ہم نے ہڈی کے اس جے، سی۔ یتکس اے جے ایک باہر تہہ سید ایم سٹیڈی مرف لڈا بستم تامول عم ہی ٹنرپ اڈب ای ناس آ اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید معلومات کے لیے، اپنی کلینکل ٹیم سے بات کریں۔!

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Patient information

## Aftercare following micropigmentation (medical tattooing)



## Introduction

This leaflet tells you about aftercare following micropigmentation.

It's important you follow these instructions in order to achieve best result from the procedure.

- If you have a dressing covering the treated area, remove it as soon as you get home. If you find any lymphatic fluid or blood weeping, gently pat the area with gauze soaked in salty or cool boiled water. Blot gently with sterile gauze to dry and remove all moisture.
- If the dressing is stuck to the treated area, do not pull it off. Instead, gently soak the dressing with saline or cool boiled water to loosen it.
- Before showering or bathing, apply a light coating of petroleum jelly to protect the pigmented tissue. This provides a temporary sealant to protect the damaged tissue. If showering within 24 hours of having your procedure, avoid using the water jets and soap on the affected area.
- Do not pick, peel or pull the crust if it appears as this will result in pigment loss and the tattooed area can appear uneven. The wound will go through the healing phases of heal, peel and fade. You will notice slight fading of the pigment and softening of the colour as it fades.
- Do not go to the gym, sauna, jacuzzi or pool for a week following procedure.
- Once the area has healed, approximately one week, consider using a waterproof total sunblock (SPF 50) when going out in the sun to prevent colour fade.
- If you want to use make up, we recommend that you purchase new products to avoid cross contamination or wait until the wound is healed.

If you have any questions or require any further information, please contact the **Clinical Nurse Specialist on 0203 594 6668** (Mon & Wed) **02073777192** (Mon-Fri)

## Important information after your procedure

- Avoid giving blood for at least four months.
- If you require an MRI (Magnetic Resonance Imaging) scan in the future, please tell your radiologist that you have had a micropigmentation procedure. This type of pigments show up as an artefact on the scan and you may experience a tingling sensation.
- Avoid dermal fillers, e.g. Botox as they can affect the shape e.g. Eyebrows, lips.
- Laser hair removal in the micro pigmented area can cause colour change which cannot be rectified. Please advise your technician that you had a micropigmentation procedure.

## Will I need to repeat the procedures?

The micropigmentation procedures may need to be repeated six weeks after your initial treatment. You are likely to need further facial procedures every twelve to eighteen months and every two to three years on areas covered by clothing.

## Contact us

If you have any queries about your after care, contact the **Plastic Surgery Department on 0203 594 6668** (9am-5pm, Monday & Wednesday).