

# Medical tattooing – aftercare advice

## Breast Care Unit Patient Information Leaflet

### Introduction

This leaflet is for women who have had medical tattooing after breast surgery. It gives information on how to care for your tattoo after the procedure.

### What should I expect after the procedure?

After your procedure, it is normal to experience slight swelling and redness in the tattooed area, and your skin may be uncomfortable. We will discuss ways to ease discomfort with you which may include taking simple painkillers such as paracetamol (always read the instructions; do not exceed the maximum dose).

If you have any concerns about pain, please speak to Sister Lynn Park-Davies or Sister Helen Hulme on 01384 244065 (8.30am to 4.30pm, Monday to Friday).

These symptoms should improve within one to seven days, depending on how sensitive your skin is.

## Skincare instructions

Leave the dressing in place for twenty-four hours and avoid getting it wet. You can then remove the dressing and take a bath or shower. Be careful to gently pat the area dry with a clean towel, avoid rubbing it.

Do not bathe in a swimming pool that contains chemicals until any scabs that form have fallen off.

To help prevent infection, try not to touch the pigmented area until it is completely healed.

Over the next 14 to 21 days your tattooed area will go through three stages of healing:

### 1. Heal:

The body's natural defences will create an area of crusting (scabs) over the tattoo to protect the area whilst it is healing. This could be similar to chapped hands in the winter or it may appear thicker. Do not attempt to pick off or dislodge any scabs that form.

### 2. Peel:

After a few days, when the tattooed area is healed, the scabs will fall off.

**Do not pick off** the scabs from the treated area as this may result in loss of colour from the area.

### 3. Fade:

Once the scabs have healed and fallen off the tattooed area, you will see a lighter shade of the tattoo. After four to six weeks, the colour in the tattoo will have settled and this will be the colour of your nipple and areola.

You may decide to have more tattooing to add more colour. This will be discussed at your follow up appointment with the breast care nurse.

## What problems may occur?

If the area around the tattoo becomes inflamed, moist, red or hot, please contact your GP or the Breast Care Nurses, as you may have an infection. Out of hours, you can contact the Surgical Assessment Unit on 01384 456111 ext. 3359.

## Follow up

We will send you a clinic appointment approximately eight weeks after the second tattooing procedure to check your tattoo and discuss the outcome.

If you have any questions, or there is anything you do not understand about this leaflet, please contact

Lynn Park-Davies or Helen Hulme on 01384 244065 between the hours of 8.30am-4.30pm, Monday to Friday.

**Russells Hall Hospital switchboard number; 01384 456111.**

**This leaflet can be downloaded or printed from:**

<http://dgft.nhs.uk/services-andwards/oncology/>

If you have any feedback on this patient information leaflet. please e mail [dgft.patient.information@nhs.net](mailto:dgft.patient.information@nhs.net)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔

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