

**Nipple/Areola Tattoo Instructions**  
Aesthetic and Reconstructive Plastic Surgery  
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1. Do not shower tonight. Tomorrow, gently wash area with warm, soapy water. Do not scrub area, let water gently run over it to rinse, pat dry. Apply antibiotic ointment to area, cover with non-stick gauze.
2. Next day, no additional care needed unless slight drainage noted. If so, apply antibiotic ointment and non-stick gauze.

**DO NOT:**

- Soak in tub.
- Swim in chlorinated water, hot tubs, and ocean or lake water.
- Exercise excessively.
- Pick at wound as it heals.
- Remove crusting.

Contact office if redness or signs of infection develop.

Return for follow up appointment in 4-6 weeks. May need touch-up at that time.

If asked for future MRI's/etc., this is a tattoo.

Color will naturally fade with time. Color can be refreshed in the future.