

# AREOLA AND NIPPLE TATTOOING

## Aftercare Guide



### INSTRUCTIONS

- At the end of your appointment, the tattoo artist will place a non-stick pad on each areola. This pad is meant to be kept on for 1 day only.
- Apply A&D ointment sparingly twice daily for 2 days (think: glisten, not cake frosting)
- Shower backwards as this protects the tattoo(s)
- Use unscented body lotion daily
- Exercise for 2 days post-tattooing should be kept to a minimum; no heavy sweating or rubbing of the areola.
- No swimming, Jacuzzi soaking, or hot tub for 7 days
- No ocean swimming for 2 weeks
- Some peeling is normal around days 3-5

### EMERGENCIES

\*\* After hours, call Medlink Paging Service at (512) 323-5465

- Any signs of infection, call the office or page your Doctor IMMEDIATELY
  - Temperature greater than 101.00 degrees
  - Significant swelling
  - Tender, red, swollen, warm areas, pus, yellow or green drainage
  - Swollen/painful or darkened/blackened skin
- ABSOLUTELY NO ICE or HEATING pads should be applied to tattoos

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