

## AREOLA AFTERCARE

### STEPS TO FOLLOW AFTER YOUR TREATMENT

#### DAY 1 & 2

After the treatment is done the area will be wiped clean and a thin layer of the healing cream will be applied followed with a loosely covered gauze. Please follow this same steps when you go home a few times a day for 2 days.

Using a cotton pad soak it in lukewarm water, wipe the area treated and apply a very thin layer of the cream and then cover it with cling film, a bandage/gauze or a breast feeding pad to keep it clean of any infections. You may wear your bra on top.

#### DAY 3-7

Twice a day do the same cleaning process but now you no longer need to cover it. Carry on doing this for as long as the pigment is on the skin. When all pigment colour has faded you can stop washing and creaming and go back to normal. Usually it will take up to 7 days.

ESSENTIAL AFTERCARE CONTINUED  
OVERLEAF...

First 48 hours no water, thereafter minimal for a week till healed.

Do not pick the area, scrub or exfoliate the area, doing so will pull out some of the pigment, cause scarring and uneven results.

Avoid seafood, salty and spicy foods.

Avoid multivitamins, Vitamin A or using retinol containing products in the area.

For two weeks avoid

- Heavy sweating
- Soaps and cleansers around the area
- Skin creams and moisturisers
- Picking and touching
- Using sun beds or exposing the area to direct sunlight
- Jacuzzi, saunas or chlorine
- Hot and long showers
- All Aloe Vera products as this can also pull out the colour

Remember it takes a minimum of two treatments for all procedures to be completed. The colour can change during the first four weeks so don't be alarmed of changes to the shade slightly. If there is extreme redness or any pus seek medical attention.