



Specialist Nursing Solutions Ltd

# Nipple and Areola Medical Micropigmentation

# What is Nipple & Areola Micro-Pigmentation?

Please read this leaflet carefully. You may contact us in advance if you have any questions or concerns.

Micropigmentation (medical tattooing) is a technique used to create a semi-permanent image of an areola and/or nipple for patients who have undergone breast surgery and lost colour or structure.

Pigment is implanted into the top layer of the skin to recreate the colour and shape of the nipple–areola complex.

The aim is to improve the aesthetic appearance of the breast, matching the opposite side as closely as possible (where applicable).

Please note: a 100% match cannot be guaranteed.

Your procedure will be carried out by an experienced practitioner who:

- is a NMC registered Nurse
- is a Clinical Nurse Specialist in breast reconstruction
- has over 15 years' experience



## How the Procedure Works

- A pen-like device with sterile needle cartridges is used
- Tiny needles implant pigment into the skin
- Pigments contain:
  - Iron oxide
  - Titanium oxide
  - Alcohol, water & glycerin
- Needles contain 8–10% nickel

## Risks & Complications

While generally safe, possible risks include:

- Allergy to pigment or anaesthetic
- Infection
- Fading over time
- Colour spreading or uneven tone
- Discomfort
- Scarring or bleeding
- Flattening of reconstructed nipple
- Chlorinated water may cause fading



*All risks will be discussed with you before treatment.*



## Factors That May Affect Results

- Skin tone and characteristics
- Medication
- Lifestyle (smoking, sun exposure, swimming)
- Healing ability
- Presence of scars

## Before Your Procedure

Most patients have little or no sensation in the area.

If you do have sensation, contact us in advance — we can provide a topical anaesthetic to apply 45–60 minutes before treatment.

## Upon Arrival

- Check in at reception
- Complete health questionnaire
- Consent process carried out

## During the Procedure

- Full explanation provided
- Medical history reviewed
- Patch test offered if needed

You will:

- Help choose colour and size
- View and approve design in a mirror
- The pigment is applied in layers

Important:

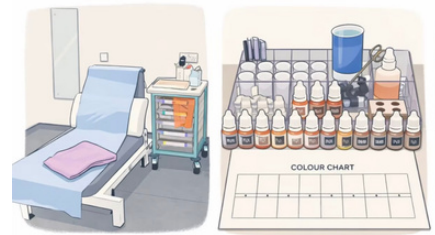
- Colour will appear darker initially
- Up to 40% fading expected within a week

Appointment time:

- First visit: 60–90 minutes
- Procedure: 20–30 minutes per breast

## After the Procedure

- Petroleum jelly + dressing applied
- Remove dressing after 24 hours
- Reapply daily for 5 days



## Aftercare & Healing

Healing takes 10–14 days

You may experience:

- Mild redness
- Slight swelling
- Tight skin sensation

## Care Instructions:

- Keep back to shower water
- Do not apply products to treated area
- Pat dry gently

Do NOT:

- Pick scabs
- Swim, sauna, or sunbathe for 2 weeks

After 2 weeks:

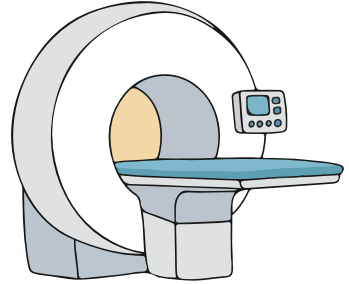
- Apply petroleum jelly before swimming

## Follow-Up

- Second treatment: 4–8 weeks later
- Adjustments and colour refinement
- Future top-ups may be needed

## Important Information:

- Scans
- Pigments contain iron oxide.



If you require a CT or MRI scan, inform the technician.

Rarely, patients report:

- Heat
- Tingling
- Mild discomfort

If you have any questions or concerns, please do not hesitate to contact us:

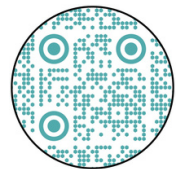
### **Pam Golton & Rebecca Spencer**

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