



Aftercare Guide for Areolas

Healing is a partnership. This is your part.

Thank you for trusting me with your skin. Your session is complete, and what happens next is just as important as the work we did together today. Proper aftercare protects your results, supports healing, and helps your tattoo heal beautifully and safely. Please take a few minutes to read and follow the instructions below.

Days 1–7: Protect & Rest

I will clean and bandage your art before you leave the studio.

Before bed tonight, with clean sanitized hands, gently wash the area with antibacterial soap. Air dry or pat dry with a paper towel. Apply the provided aftercare cream to the area and apply a new tegaderm bandage to cover the area.

Leave the tegaderm bandage in place for a full 7 days.

You may shower with the tegaderm on.

Wear clean, loose clothing over the treated area at all times to prevent friction and irritation.

During the First 7 Days, Please Avoid:

Scratching or picking

Removing scabs

Swimming, soaking, or immersion baths (pools, beach, bathtub)

Saunas or steam rooms

Excessive sweating or intense workouts

Tight clothing or anything that traps heat against the area

Day 7–14: Cleanse & Nourish

On Day 7, carefully remove the tegaderm in the shower. Take your time.

With clean, sanitized hands, apply the provided aftercare cream every 4–6 hours to support healing.

Cleanse the area at least twice daily using an antibacterial soap.

Gently pat dry using toilet paper or a clean, fresh towel. Reapply aftercare cream after each cleanse.



Important Restrictions

No saltwater exposure, exfoliation, waxing, or laser hair removal on the area for 14 days
For 30 days, avoid sunscreen, sunblock, self-tanners, or products containing vitamin D

Avoid hot showers for the first few days, as heat may cause irritation

Do not take vitamin D supplements during healing

If you experience any signs of an allergic reaction, contact your physician immediately

Sunbathing is strictly prohibited for 30 days.

What Healing May Look Like:

Mild redness and swelling immediately after treatment is normal

Swelling typically subsides within 24 hours

Redness may last up to 72 hours

After 72 hours, the area may darken temporarily (hyperpigmentation)

Hyperpigmentation can last anywhere from 1–3 months and will fade gradually

Please don't panic if healing feels slow. Your body is doing important work.

Supporting Your Healing

Limit sugar intake, as high sugar levels can slow healing

Focus on nourishing foods, especially vegetables with natural healing properties

Smoking can significantly delay healing and affect results

If you have underlying medical conditions, always consult your physician before making dietary changes.

Healing takes patience, but you're not doing it alone. If you have questions or concerns at any point, please reach out. Your body has been through a lot. Be gentle with it. ❤️

With care,

EMPOWERink