

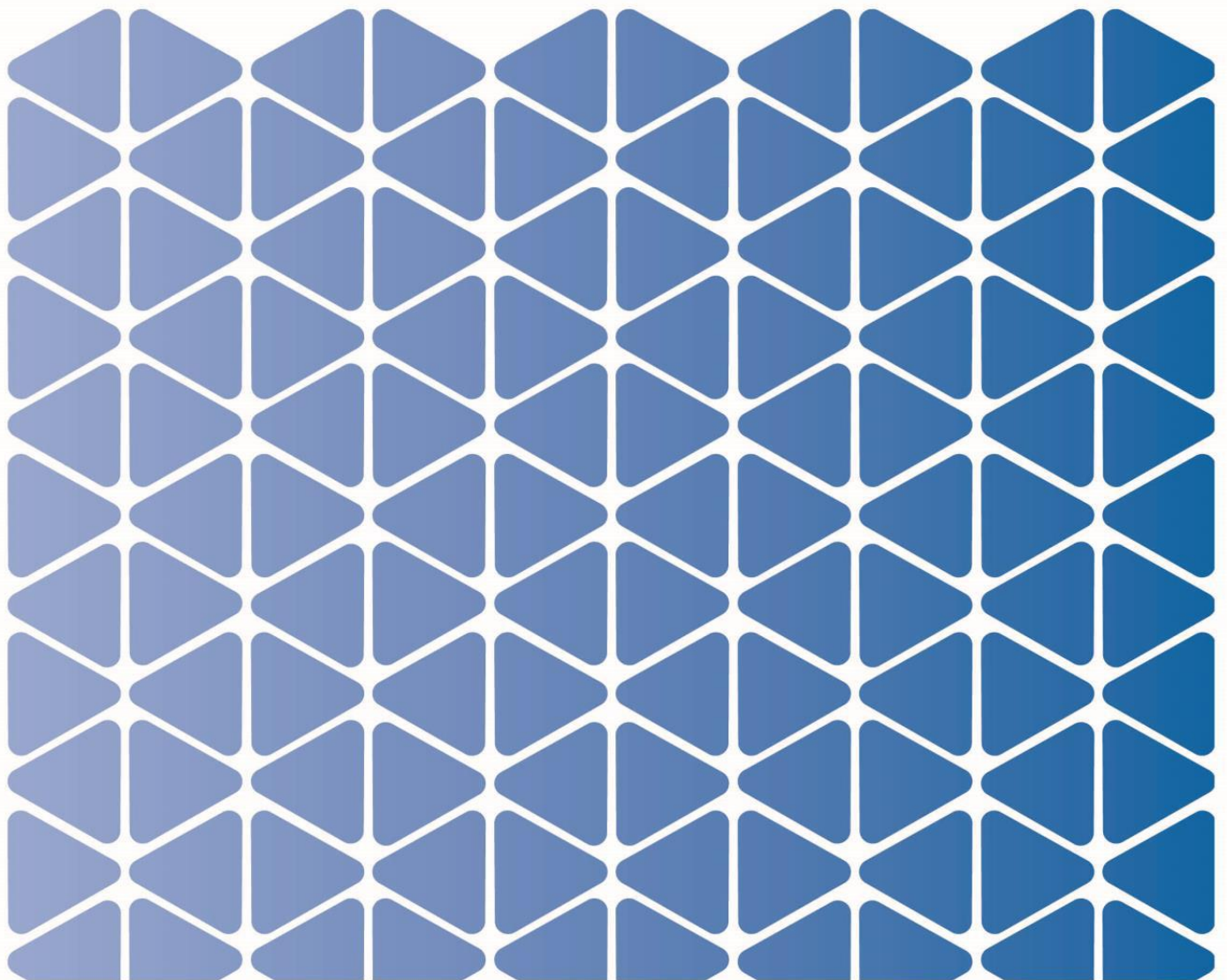


PATIENT INFORMATION



SEMI-PERMANENT MICROPIGMENTATION

for Camouflage of Scars, Burns and Skin
Grafts and/or Nipple/ Areola Restoration



Pre/Post Treatment Advice

What is micropigmentation?

Micropigmentation is also known as medical tattooing. Using medical tattooing techniques and equipment, semi-permanent colour is 'tattooed' in areas where natural colour is missing as a result of surgery, injury, or congenital birth defect.

Micropigmentation can be used to restore the appearance of the nipple/areola following surgery. It can be used to colour a surgically reconstructed nipple, an area where there is no nipple at all and also a natural nipple which requires more colour.

Micropigmentation can also be used to camouflage the appearance of scars, burns and skin grafts.

What should I expect from micropigmentation?

- Although care is taken to try and match the size and colour of the opposite nipple/areola, it must be appreciated that this is not an exact science and a perfect match cannot be guaranteed. This procedure is not medically necessary but is your choice.
- Your specialist will offer advice and guidance regarding colour matching, but the ultimate decision will be made by the patient.
- It is highly likely that you will need two procedures before completion of the treatment, with a minimum of 6 weeks between each procedure.
- As the pigments are semi-permanent, the tattoo will fade over time and re-touch procedures will be required to maintain the colour. The length of time before a re-touch is required will vary depending on age, skin type, lifestyle and chosen colours. An average length of time would be 2-3 years.
- After the procedure, the treated area will appear red and swollen and may weep lymphatic fluid and blood. This will settle over the following few days, but it is important to carefully follow the aftercare advice given to you by your specialist.
- Immediately after the procedure, the colour will likely appear too dark. Be assured that this is just part of the healing process; up to 80% of the colour will be lost within the first week and the final colour will be seen following a 4-6 week healing process.
- Unfortunately, some skin types do not retain the pigment so results cannot be guaranteed.

What are the benefits of micropigmentation?

To improve the cosmetic appearance of your surgical site and or scars to improve your confidence and self-esteem and enhance your quality of life.

What are the risks?

- **Infection:** there is a small risk of infection around the treated area.
- **Bleeding:** some bleeding from the treated area can occur.
- **Discomfort:** you may feel some discomfort while the treatment is being undertaken.
- **Allergic reaction:** some people may experience a reaction to the products that are used.

Skin patch testing for micropigmentation

You will need a skin patch test at least 24 hours before undergoing micropigmentation to determine the likelihood of having an immediate allergic reaction to the pigments. This will be done by using a lancet to make a small scratch behind your ear and dabbing a small amount of pigment over the scratch.

Allergic reactions to the pigments are extremely rare and while skin patch testing is a good indicator as to whether or not you will experience an allergic reaction, they cannot guarantee that you will not experience an allergic reaction at any time in the future.

Nickel: Some pigments and needles contain traces of nickel which may affect you if you have an allergy to nickel.

Why are photographs required?

Photographs are an essential part of the treatment to assess progress and results and you will therefore be asked to consent to photographs being taken. Photographs will be required before and after treatment and sometimes mid procedure. Any photographs taken will only be kept in your medical records, unless you have consented *additionally* for them to be used for training and/or medical publications.

What will happen at my appointments and how many do I need?

First appointment

- Your first appointment will be for a consultation. You will be able to discuss what it is that you hope to achieve from the treatment, your priorities and any concerns.
- You will be given information about the treatment including how to prepare for the procedure, aftercare, what to expect in terms of results and follow up appointments required.
- Where appropriate, you will undergo a skin patch test to ensure you are not allergic to the pigments.
- You will also be asked a number of questions about your medical history to ensure that you are fit and well enough to complete the treatment.
- Your specialist will provide you with and go through a consent form for treatment. If you wish to proceed with the treatment, you must bring this signed consent form with you to your second appointment.

Second appointment

- Your second appointment will be when you receive your first treatment.
- Please prepare for the appointment as follows:
 - Please bring with you your signed consent form.
 - Please ensure that you have eaten before you attend for your procedure as this reduces the amount of discomfort associated with the procedure.
 - Please try to avoid taking aspirin or ibuprofen before the procedure as they may increase bleeding.
 - A topical anaesthetic cream can be applied 30 minutes before the procedure and covered with a film dressing, to de-sensitise the area. The use of this cream does not guarantee that no sensation will be felt during the procedure.
- Pre-treatment photographs will be taken.
- Any colours required for treatment will be swatched on your skin so that you and your specialist can select the best colours.
- For nipple/areolar restoration, the size, shape and position will be marked up on your skin as a guide.
- Treatment will take place.

Subsequent appointments will be made appropriate to your treatment plan but spaced a minimum of 6 weeks apart.

Aftercare Advice

If you have a dressing covering the treated area, please remove this as soon as you get home and wear loose fitting, dark clothing to avoid irritation and spoiling clothes. If you find the dressing has stuck, you may soak it off, but ensure you leave the area to fully air dry before dressing.

If you experience weeping of clear lymphatic fluid or blood, gently clean the area with cooled boiled water and gauze and blot to gently dry. If possible, leave to air dry for as long as possible.

You may shower, but please avoid hitting the treated area with the water jets within the first 24 hours. Following the shower, allow the area to completely air dry if possible, or blot gently dry.

Please avoid the gym for a minimum of 24 hours following your tattoo and the swimming pool and sauna for 1 week.

It is normal for the treated area to appear red and swollen, and if colour has been used, for this to appear dark initially. Your tattoo will go through the following phases during healing:

Heal - The colour initially appears dark. It will dry and find scabs will form

Peel - The scabs will drop off naturally

Fade - Over a 4 – 6 week period the final colour will be seen

Do not pick or pull at the treated area as it will result in colour loss.

Once tattoos have completely healed (approximately 1 week), please use a total sunblock if sunbathing to stop colour from fading.

IMPORTANT INFORMATION

Giving blood: The Red Cross has suggested that you do not give blood for 4 months' after having micropigmentation.

Laser: Laser hair removal in the treated area should be undertaken BEFORE micropigmentation as the laser could cause the tattooed colour to turn black. This is because pigments used in micropigmentation contain titanium dioxide. If you require laser treatments after having had micropigmentation, it is vital that you tell your laser specialist where your micropigmentation is.

MRI scans: If you have an MRI or CAT scan in the future, please tell your radiologist as the micropigmentation can affect the reading of your scan. Some patients may also experience a tingling sensation in the area of micropigmentation.

Contact details

If you have any questions or concerns with your treated area, please contact the Maxillofacial Laboratory on the details below:

Maxillofacial Prosthetic Laboratory: 01905 760216 (ext. 30451)

Holly Dimond

holly.dimond@nhs.net

Jade Oakes-Stott

jade.oakes-stott@nhs.net

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.