

Paramedical Tattoos

-What should I know and do prior to my appointment, this information will help you to get ready for your appointment.

What is a Paramedical Tattoo?

Paramedical Tattoo is a process of implanting special pigments using a power device used in tattoo parlors. It is a real permanent tattoo to recreate a nipple, cover a scar, balance your lips or eyebrows, recreate a nail (nail loss) or bellybutton (due to surgery) to complete your reconstruction.

What is the difference between a reconstruction of an areola and a 3D tattoo?

A surgical reconstruction helps raise and rebuild your nipple, a Paramedical Tattoo helps you recreate the illusion of a 3D nipple with shading of color giving you a very natural look.

What is a bellybutton and nail tattoo?

Is a recreation of a 3D bellybutton or fingernail (with a very natural looking tattoo) that have been lost due to trauma or surgery.

What is a stretchmark or scar camouflage?

Is the implantation of pigment closest to your skin color to hide scars, stitches or stretchmarks.

What tools will be used on my procedure?

A real tattoo machine, sterilized tattoo needles, high quality pigments, Lidocaine to numb, and other implements that are sterilized in a clean environment.

When should I do my reconstructive tattoo?

Your plastic reconstruction should be done and wait for 4-6 months after your last surgery and get the okay from your surgeon.

Should I get antibiotics before my Tattoo?

A week prior to your reconstructive tattoo, request from your health care provider for a prescription for antibiotics, pick up your prescription before your procedure, call our surgeon's office if you could not coordinate with your pharmacy to have it ready.

Things to remember before your appointment.

- Take antibiotics 1 hour before your procedure, call your health provider for questions about the medication.
- Take your medications as usual, including blood thinners.
- Shower the day of your procedure, do not put any lotion, cream, oil, or powder from the waist up or on the area to treat.
- Wear loose clothing to your appointment, a loose-fitting bra to avoid pressure.
- Arrive on time, if you arrive more than 15 minutes late, we need to reschedule your appointment, we need to give you enough time for the best results.
- This is a high demand procedure, please call us in advance to cancel the appointment.
- Please express to us any concerns about pain during your procedure.

How does it feel to have an areola tattoo, or any other tattoo?

It is common to feel the sensation of pressure or vibration on the treated area during the procedure, with the use of topical anesthetic the pain will subside. Topical anesthetic (ointment that numbs the area) can affect the color of your tattoo, we recommend not to use it unless you really need it.

How much time does it take?

Most of the time it takes 60 to 90 minutes, you are scheduled for 90 minutes.

Recovery:

- After the tattoo a dressing will be provided with antibiotic ointment
- You can shower as usual with your dressing on. It's waterproof.
- Take off your dressing 4 days after your procedure.
- If a crust or scab appears on the area, don't peel it off. This can pull away the ink on your tattoo.
- After your dressing is removed, apply to the tattooed area non-scented white lotion or cream (such as Lubriderm®, Aveeno®, Eucerin®, or CeraVe). Apply the lotion once a day for 2 weeks or until there's no more scabbing.
- Don't exercise (such as run, do yoga, or cycle) for 1 week after your procedure or while there's scabbing. If you're in physical therapy, it's OK to continue after your procedure.
- Don't lift anything heavier than 20 pounds (9 kilograms) for 1 week after your procedure or while there's scabbing.
- Don't go swimming or soak in a pool, bath, or hot tub until your tattoo has completely healed. This usually takes about 2 weeks.
- You can take acetaminophen (Tylenol), extra strength acetaminophen (Extra Strength Tylenol), or ibuprofen (Advil) to help with pain or discomfort.
- It's safe to have magnetic resonance imaging (MRI) scans and other imaging tests done after your tattoo procedure.