



What is micropigmentation?

Micropigmentation is a procedure whereby pigment (colour) is implanted into the skin by a state-of-the-art machine specifically designed for the cosmetic and medical market.

The pigment does not go as deep into the skin as tattoo ink, which is why it fades over time.

The chosen colours will replicate your natural nipple and areola after your breast surgery. Your surgeon will let you know when you can go ahead with the treatment.

How is the micropigmentation carried out?

A trained and experienced nurse will carry out the procedure during an outpatient clinic appointment within the breast care suite. You will be required to sign a consent form allowing us to proceed, and with your consent, a 'before and after' photo will be taken, enabling us to show the results achieved to other patients who may be undecided about going for this type of treatment. Only the treated area will be photographed.

The pigment is applied using a pen like device, which contains several tiny needles. These needles move up and down very quickly implanting the pigment and can feel like a scratchy sensation.

Depending on your sensitivity you may wish to apply a skin numbing cream approximately 30 minutes before your appointment. You can get a topical anaesthetic skin cream (EMLA) either on prescription from your GP or it can be bought over the counter at Boots and most pharmacies at a cost of around £5.00.

Equipment

We use single use sterile needles for each procedure, and these are disposed of immediately after use.

What are the benefits and risks?

We aim to provide you with as close a colour match for your nipple and areola as possible. If your treatment requires that both sides need to be coloured, you will be able to choose colour and size as to your wish.

Nipple and areola micropigmentation can provide the finishing touches after your surgery and will give you a sense of improved body image and boost your self-esteem and confidence.



However, micropigmentation is an invasive procedure and is not without small risks and these include:

- Not achieving an exact colour match
- Fading of colour over time
- Slight skin irritation
- Risk of infection if the area is not kept clean

Is there an alternative?

You may not wish to go ahead with this type of treatment but instead have a more permanent tattoo using inks which should not fade but we are not able to offer this treatment within the breast department.

How many treatments will I need and how permanent is it?

Micropigmentation is a two-step process to perfect your treatment. After your first treatment you will be invited back between 6 – 12 weeks after your first treatment to enable the finishing touches to your tattoo.

The tattoo should last 18 months to 2 years, but this can vary depending on skin type. You will always be welcome to arrange a 'top-up' to maintain the result you want should you feel it to be necessary.

How long will it take?

We allow 90 mins for each treatment, this includes consultation and colour matching, and only when you are happy to proceed will the treatment start.

What to expect after the procedure?

You may experience slight swelling and redness after the procedure, but this will improve from between 1 – 7 days depending how sensitive your skin is. You will be given a sterile non adhesive dressing to place over the area once treatment is completed and you should wear this till you get home.

You will be able to drive yourself home and once home, if possible, remove the dressing and expose the area to air for a couple of hours to aid healing and drying. If you are returning to work leave the dressing in place till you get home.



Keep the area of treatment dry for 1 week. You may notice slight scabbing over the treated area over the next few days, but this is all completely normal. You are advised not to pick at these tiny scabs as this may affect the pigment colour.

After the fine scabbing has fallen away you will notice a lighter hue to the tattoo, which is more realistic. It is normal for the colour to be dark immediately after your treatment and after 4 – 6 weeks the colour you see will be your new healed colour.

If you have any more questions about the treatment, please feel free to contact the nurses at the Pink Rose Breast Care Suite on 03033 303199

Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) is available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact nlg-tr.PALS@nhs.net

As a Trust we value equality of access to our information and services, therefore alternative formats are available on request at nlg-tr.interpreters@nhs.net

Alternative Languages

All of our leaflets are available to view in different languages via Browsealoud on our website at www.nlg.nhs.uk/patients/patient-leaflets/

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Date of Issue: November 2021

Review Period: November 2024

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IFP-1298 v1.0



Information for patients



**Northern Lincolnshire
and Goole**
NHS Foundation Trust



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