



Anne Dancey
PLASTIC SURGERY

Medical Tattooing Pre & Post-Operative Instructions

Scar + Stretchmark Camouflage Pre/Post Care

This is a guide to the pre, and post op care needed to achieve the best results with a tattoo. The information will be given to you before and after the procedure but if you have any questions then please do not hesitate to contact us.

Before the Procedure

- Avoid smoking or antibiotic therapy at least 4 weeks prior to the appointment. If unavoidable, please contact your practitioner for further guidance as antibiotics and smoking result in higher candida (yeast) count, and infection may result.
- Avoid alcohol and blood thinning medications at least 24 hours prior to the procedure.
- Avoid caffeine 12 hours prior to the procedure.
- Drink plenty of water to hydrate.
- Do not wear serums, toners, creams, or other products on the morning of your procedure.
- Do not tan skin with sunless tanners, self-tanners, spray tan, tanning booths, or sun-tan for at least 4 weeks prior to the procedure. If the surrounding skin is tanned, the chosen pigments for the scar or stretchmark camouflage may end up being darker than your natural skin tone.
- Gently exfoliate the area to be treated the day before the procedure to slough off dead skin cells.

After the Procedure

- Avoid getting the treated area too wet from showering and avoid submerging the area including swimming in a pool, ocean, lake, hot tub, or any water source for 10 days.
- Avoid sweating for a minimum of 14 days - no gym, yoga, or exercise.



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- Clean the area with a small amount of STERILE water on a cotton pad before you go to bed and each morning after the procedure followed by a thin layer of A&D or Aquaphor ointment.
- Do not scratch, rub or pick at the treated area. It will be slightly itchy.
- Do not use other ointments, creams, or antibiotics until fully healed.
- No sunbathing or tanning for 8 weeks. AVOID direct sun exposure and always use SPF 30+.
- Avoid smoking if possible.
- Avoid using harsh soaps, creams, fragrances, and lotions.



I hope you find this information useful. If you have any questions or require a little more information, then please do not hesitate to contact me.

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