



Anne Dancey
PLASTIC SURGERY

Medical Tattooing Treatment Instructions

Treatment Information for Medical Tattooing

This guide aims to help you prepare for your medical tattooing both before and after treatment. Please let me (or my nurse) know if you have any new medical problems or medications prior to treatment.

Prior to treatment

You are kindly requested to adhere to the following advice prior to your treatment:

- You are to apply anaesthetic cream, which can be purchased from any local pharmacy to the tattoo area an hour prior to the treatment.
- Avoid smoking (including all nicotine products) or antibiotic therapy for 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 products 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.



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I will take pre-operative photographs and go over the operation again to remind you of any risks or complications of medical tattooing.

Post treatment

For most patients, the pain after medical tattooing is usually minimal. Over-the counter pain relief – such as Tylenol or Paracetamol – can be used, but please do not exceed the recommended dosages.

You are kindly requested to adhere to the following advice after your treatment:

- 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. This means no gym, yoga, or physical exercise.
- Clean the area with a small amount of sterile water on a cotton pad before you go to bed and each morning after the treatment. This is then 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 or use of any nicotine product.
- Avoid using abrasive soaps, creams, fragrances, and lotions or any other rough materials on the skin.



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Follow up

Before you are discharged from clinic, you will be given a follow up appointment to see my nurse one-week post-treatment. I normally see you in the clinic 2 to 4 weeks after your treatment.

You should also be given contact numbers by my team in case there are any problems. If you have any questions or concerns about your recovery and healing, please do not hesitate to phone or email me and I will endeavour to respond to you the same day.

If it is more urgent, please contact the Clinic/Hospital. In the unlikely event of an emergency, you must visit your closest Emergency Department.



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.

Anne Dancey

Dr Anne Dancey

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