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POST-TREATMENT INSTRUCTIONS FOR AREOLA

It will take approximately 30 days for your areola/nipple to completely heal. Until your areola/nipple is healed.....

Be patient with the process

It is normal for your areola/nipple to be sore, swollen and even bruised.

- Every 2-4 hours for the first 24 hours you will need to gently wash the nipple/areola with ICE COLD, wet cotton balls. Pat dry.
- Using a Q-tip, apply a very thin layer of A&D or Bacitracin ointment. Keep a very thin layer of A&D or Bacitracin ointment on your areola. Reapply every 4 hours or as they feel dry until the initial healing is done. This may take 7-10 days.
Keep them moist and do not let them dry out!
- For any initial swelling, you can use crushed ice or frozen peas in a Ziploc bag. Make sure you wrap with a soft paper towel or kleenex. Apply to areola for 20 minutes on/off as often as you want during your first 24 hrs. Do not leave on longer than 20 minutes at a time.
- Wear only 100% cotton, white, loose fitting tank top for the first 7-10 days.
- No bras for 7-10 days.

Some clients have chosen to use Ibuprofen or Tylenol for mild discomfort and Arnica Montana for bruising and swelling.

Please check with your doctor before taking ANY medications over the counter or prescription.

****Please contact your doctor immediately if you have prolonged pain and redness around your areola or begin running a fever greater than 101 degrees****