

## Areola-nipple complex simulation:

This procedure is for patients who have had breast reconstruction after a mastectomy or lumpectomy. Cosmetic tattooing techniques and colour pigments are used to create the appearance of an areola. For a unilateral mastectomy patient, this process helps the reconstructed breast to match the natural breast. For patients with bilateral breast reconstruction, both areolas are recreated. Areola complex simulation can be achieved with or without a nipple button created by the surgeon.

## Areola size or colour adjustment:

The colour of an areola can be darkened, balanced, or enhanced with tattooing. The process helps women who have discoloured or lightened areolas after breastfeeding or patients who have had areola graft surgery. Patients with skin discoloration disorders can also benefit from areola tattooing. Also, individuals who have not had breast surgery, but are self-conscious about their areola colour or size (too light or too small) may choose this procedure to adjust their appearance.

Each procedure lasts from approx. 2.5 hours.

- Touch ups last about 1.5 hour.
- 'Before' pictures are taken for records and insurance purposes, as well as 'after' pictures.
- Detailed consultation including expectations, desired shape, colour, corrective measures, and lifestyle.
- Topical anaesthetic (Lidocaine) is applied to numb the area.
- The exact size, position and shape will be drawn onto the skin.
- Colour implantation is done with a sterile, one-time use needle and handle.
- Final approval and small adjustments are made prior to the end of the appointment.
- Post care treatment is applied and detailed after care instructions are given.
- Touch-up appointment is booked at the end of the session to ensure optimal application of the tattoo.