

# 3D AREOLA + NIPPLE TATTOO



## GETTING AN AREOLA TATTOO AT CINNAMON GIRL CLINIC

Our team understands the journey that cancer survivors go through. The diagnosis, the treatment plan and prognosis, the radiation, the surgery, the mental health fight, the change in relationships, the changes in your body, and more. **Don't let losing your breasts make you feel any less like a woman.** Love yourself when you look in the mirror or share your body with others. Feel like the confident woman you are... we're here to help!

Areola and nipple tattooing is also an amazing option for those undergoing gender reassignment or have had any other breast surgery where they are left with scars. In addition to tattooing from a blank canvas, tattoos can be used to camouflage scars, change size or symmetry. Professional paramedical tattoo artists will work with you to ensure the best results in a compassionate and confidential environment.



“The team is very professional and friendly, I felt comfortable the whole time during my session!”

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“I made the most of this opportunity and got the boobs I always wanted! It is truly incredible how realistic the areola tattoo looks. Jody was very informative throughout the entire process and it was the final touch for me to move forward after beating breast cancer.”

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### **WHAT ARE AREOLA TATTOOS?**

Areola tattoos are popular for breast cancer survivors who have undergone a mastectomy and are looking to restore the beauty of natural-looking breasts. They may also be an option for individuals who have scarring from breast augmentation, or anyone wanting to enhance their areolas in shape or color!

### **HOW MANY SESSIONS ARE REQUIRED?**

Areola and nipple tattoos require 2 sessions. The appointments are scheduled 2-6 weeks apart. Results should last forever!

### **HOW CAN I PREPARE FOR MY APPOINTMENT?**

If you have any photos of your breasts before your procedure, or breasts that you want yours to look like - please bring them to your appointment! Jody can reconstruct your areola exactly to your liking. Please avoid alcohol and Advil 24 hours before your appointment.

### **HOW DOES THE ARTIST PICK MY COLOR?**

The tattoo will be custom colored either to your original Areola color, or any other color you prefer! You have the option to take advantage of something lighter, darker, smaller, or larger than what you originally had. We even do areolas in the shape of hearts!

### **IS IT PAINFUL?**

The tattoo process can be sensitive. However, most find that after a mastectomy there is little to no pain. Each person's pain threshold is different but numbing can be used if you're uncomfortable.

### **WHAT DO I NEED TO KNOW AFTER MY APPOINTMENT?**

Depending on the exact type of tattoo you get, an Aftercare Sheet will be provided and discussed at the appointment. For example, no hot baths, hot yoga, excess sweating, steam rooms for Skin Camouflage services. Some tattoos will heal using aftercare ointment, others with Tegaderm bandages.

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