SKIN STUDIO OKC

3D Belly Button

Most people probably don’t pay much attention to the appearance of their belly button, aside from categorizing it as an innie or an outie. But for those who have undergone tummy tucks and hernia repair, and other similar abdominal surgeries that affect the belly button—or sometimes render it obsolete all together—this can be an area of serious focus. And just as areola tattoos offer an incredibly effective and realistic option for patients undergoing breast reconstruction after a mastectomy, so too do tattooed belly buttons make a great solution for those who feel self-conscious about the look of their stomach.

Unlike an areola, belly buttons are three-dimensional, so it’s a matter of using both shadows and highlights to draw the eye and attention away from the fact that the skin is completely flat and there’s no dimple. It’s about a fifty-fifty split between those who want their tattooed belly button to look exactly like the natural one they used to have and those who want something entirely new (for example, a small innie when they used to have a prominent outie.

The tattoo itself doesn’t take very long. Generally takes about an hour and half compared to areolas, which can take up to two and a half hours. The procedure is not especi

ally painful, given the loss of sensation in the scar tissue in the area. To that point, the process also requires a very gentle hand and tattooing technique. Scar tissue requires a gentle technique as its ability to be treated and healing has been altered by previous procedures.

## **On the Day of the Procedure**

Before you get your procedure done, make sure you have had a good breakfast or lunch. It’s important for you to be comfortable and relaxed.

In order to be comfortable, it is advised for you to wear a loose sports bra and a 2 piece outfit, so you can easily take your top off to get the tattoo. You might be provided a disposable robe in the salon, but you might be more comfortable with your jeans or slacks on to keep you warm. Although there usually is no pain, you will be provided a topical anesthetic, if you feel that that is necessary.

If you have a list of prescription medicines, please be ready to provide the list for your consent paperwork. After the procedure, Tonya will provide you with your post procedure care and a few non-stick gauze pads to get started.

**Healing process**

You should wait at least 8 weeks for the skin to recover from the original procedure. If you wish, you can follow up and do a little perfecting; that is usually not charged, but depends on the place you are getting this procedure done.