

## About Marnie Rustemeyer



Marnie Rustemeyer is a licensed and board-certified permanent cosmetic professional. A former Wall Street executive, Marnie is a thyroid cancer survivor and a breast cancer “previvor.” She began her career in medical tattooing after being diagnosed with the BRCA gene mutation and undergoing a preventive double mastectomy. Through her own experience, she

gained a passion for helping patients feel beautiful and confident after such an emotional and demanding journey. Her goal is to provide her clients with the best possible aesthetic outcome to increase confidence and enhance their quality of life.

Marnie trained at the Sauler Institute of Tattooing at Penn Medicine and furthered her skills in Stacie Rae Weir’s GOLD Shield Areola Restorative Tattoo program. She specializes in 3D nipple/areola tattooing, scar camouflage and collagen induction therapy for breast reconstruction patients. Marnie is a member of the Society of Permanent Cosmetic Professionals and works with several plastic surgeons in West Virginia, New York and exclusively at the Inova Schar Cancer Institute in Virginia.

Inova Medical Spa  
Inova Schar Cancer Institute  
8081 Innovation Park Drive, 2<sup>nd</sup> Floor  
Fairfax, VA 22031  
571.472.0750  
Inova.org/ScharMedSpa

## Medical and Paramedical Tattooing



To learn more or to schedule a consultation at Inova Medical Spa, please email [marnie@mediinkllc.com](mailto:marnie@mediinkllc.com) or call 917.753.6225.

## Medical and Paramedical Tattooing

Inova Medical Spa is pleased to offer medical and paramedical tattooing services, in partnership with Medi Ink.



Medical micropigmentation (tattooing) is an innovative solution used with:

- **Breast reconstruction:** 3D areola/nipple simulation for both female and male mastectomy patients
- **Discolorations:** Hypo-pigmentation (areas of the skin that are light)
- **Alopecia:** Hair simulation for scalp and eyebrows
- **Scar camouflage:** Surgical scars, including facelift, open-heart surgery, trauma scars and skin grafts

Permanent micro-pigmentation techniques involve implanting custom color pigmentation into the dermal layer of the skin.

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## Frequently Asked Questions

### Are the pigments MRI safe?

Yes. Our pigments are vegan, sterile and made from iron oxides, which are MRI safe. They are manufactured in the United States and are the highest quality available, resulting in excellent color retention and beautiful results.

### How do I choose the color and size of my new areola?

During your consultation, we will work together to determine the best size of the 3D nipple/areola for your new breast and color to match your skin tone. Once the color and size are agreed upon, we will create dimension with color and shading, giving you a realistic nipple and areola.

### Is there anything I can do for the scarring on my breast?

Depending on the type of scar, it can often be camouflaged. Scar camouflage pigments are selected to closely match the surrounding skin and then carefully tattooed to blend with it. The result is a natural skin-like appearance. This process works best for hypo-pigmented scars that are lighter in color than the surrounding skin.

### Is the procedure painful?

Most clients do not experience pain in the reconstructed breast. If you do experience pain, we will apply a topical anesthetic to make you more comfortable.

### Will the needle puncture my implant?

No, the needle only goes into the dermis, which is just 3 layers into the skin.

### Should I remove hair from my breast area prior to the procedure?

You may pluck or shave any hair 48 hours prior to your procedure. However, leaving the hair untouched will not affect the tattooing.

### How should I prepare on the day of my procedure?

On the day of the procedure, wear a comfortable bra. We also recommend bringing a pair of socks. If you have photos of your breasts pre-surgery, please bring them. The entire procedure lasts approximately 1.5 hours, and the results are amazing.

### Is there downtime after the procedure?

There is no downtime following the procedure. However, we do advise against rigorous exercise for the first 24 hours and soaking in bathtubs, swimming pools or Jacuzzis for at least seven days.

### How long will the tattoo last?

Some initial fading will occur in the first two weeks. We will schedule a follow-up appointment after six weeks of the micro-pigmentation process to see if a touch up is necessary. If taken care of properly, your new tattoo should last a lifetime.

Examples of 3D areola/nipple simulations



Discolorations

Alopecia: Hair simulation for scalp

