HOW TO SHARE YOUR AREOLA TATTOO WORK ON INSTAGRAM & FACEBOOK

Help Meta understand that your image is a tattoo

3D areola tattoos can look incredibly realistic. That's exactly what we want for our clients, but it can create a problem when we share our work online. Instagram and Facebook's automated moderation systems may interpret a realistic tattooed areola as nudity. While Meta allows certain medical, post-mastectomy and restorative content, an automated system may not immediately understand what it is looking at.

There is no way to guarantee that a post will not be flagged, but there are several things you can do to make the medical and tattoo context as clear as possible.

PUT THE WORD "TATTOO" ON THE IMAGE

This is one of the simplest things you can do.
Rather than posting an untreated image by itself, add a clear text overlay such as:

- 3D AREOLA TATTOO
- HEALED AREOLA TATTOO
- AREOLA RESTORATION TATTOO
- PARAMEDICAL TATTOO
- MEDICAL TATTOOING
- POST-MASTECTOMY AREOLA TATTOO

Remember, your image may be reviewed by an automated system before a person ever sees it. Give that system as much context as possible.

IDENTIFY IT AS A TATTOO IMMEDIATELY IN YOUR CAPTION

Don't make the reader, or Meta, figure out what they're seeing.
Your opening sentence could say:

"This is a healed 3D areola tattoo created for my client following breast reconstruction."

Then you can tell the client's story, explain the treatment or discuss the technique.
Helpful terminology includes:

- 3D areola tattoo
- areola restoration
- paramedical tattooing
- medical tattooing
- breast reconstruction
- post-mastectomy
- restorative tattooing
- nipple and areola reconstruction

USE RELEVANT HASHTAGS AND DESCRIPTIVE LANGUAGE

Hashtags should never be your only method of providing context, but relevant terminology can reinforce what your content is about.

Examples:
#3DAreolaTattoo
#AreolaTattoo
#AreolaRestoration
#ParamedicalTattoo
#MedicalTattooing
#BreastReconstruction
#RestorativeTattooing
#PostMastectomyTattoo
Choose hashtags that genuinely apply to the particular post.

BEFORE-AND-AFTER POSTS NEED CONTEXT TOO

Don't assume that showing a surgical scar beside a completed areola automatically tells Meta what it is seeing.
Label the images.
For example:
BEFORE: Healed Breast Reconstruction
AFTER: Healed 3D Areola Tattoo

This has the added benefit of helping potential clients immediately understand what you've accomplished.

IF YOUR POST IS REMOVED, APPEAL IT

Even when you do everything correctly, automated moderation can make mistakes.
If appropriate areola tattoo content is removed, use Meta's available review or appeal process.
Keep your explanation simple and factual:
“This image shows a 3D areola tattoo created following breast reconstruction. The image is being shared in a professional and educational context to demonstrate restorative paramedical tattooing. The depicted areola is a tattoo.”

Avoid emotional or argumentative language. Your goal is simply to make the context unmistakable.

REMEMBER THAT PLATFORM RULES CHANGE

Instagram and Facebook policies, automated moderation systems and appeal procedures change regularly.

Before posting, familiarize yourself with Meta's current Community Standards and policies regarding adult nudity, medical content and post-mastectomy imagery.

No posting technique can guarantee that automated moderation will never incorrectly flag your content.

A SIMPLE RULE TO REMEMBER

Don't make Meta guess what it's looking at.
If your work is realistic enough to be mistaken for a natural areola, clearly and repeatedly identify it as a tattoo.

LESS CONTEXT

“Beautiful healed results for this amazing client! ❤️”

BETTER CONTEXT

“HEALED 3D AREOLA TATTOO
This healed paramedical tattoo was created following breast reconstruction. By carefully layering colour, highlights and shadows, we can create the visual illusion of a dimensional nipple and areola on a flat surface.”

The second version immediately tells the viewer and the platform exactly what they're looking at.

FINAL REMINDER

Sharing your work is an important part of educating clients about services they may not even realize are available.

3D areola tattooing isn't simply another tattoo service. For many clients, it represents an important final stage in a much longer reconstruction journey.

Share your work professionally, provide context, educate your audience and help more people discover that these services exist.

-Jody

This resource provides general social-media guidance only. Platform policies and moderation practices can change, and following these recommendations does not guarantee that a post will not be restricted or removed.