

TATTOO AFTERCARE

Always wash your hands before handling your tattoo!

FIRST 24 HRS:

• **For Plastic Wrap/Non Adhesive Pad**

Remove the wrap **after** 1-2 hours.

Gently rinse the plasma/blood from the tattoo with warm water (no soap) to reduce the chance of infection.

Air dry or softly pat with a clean cloth

Wear loose clothing and reduce strenuous activity

• **For Saniderm**

Please see the Saniderm Instructions & Info page.

Proper aftercare in this beginning stage of healing will maximize the quality of your tattoo's life. The wrap keeps the blood/plasma from drying out and the tattoo protected from bacteria while the pores close up.

CLEANING YOUR TATTOO AFTER 24 HRS:

• **Recommended Cleansers:** Cetaphil, Cerave, Aveeno, Dial, Dove

Use *unscented liquid soap* and your clean, bare hand to gently wash your new tattoo with warm water.

Avoid bar soap because it harbors bacteria from sitting out in open air.

Do not use hot water, loofahs, washcloths, used bath towels or anything abrasive.

- Thoroughly rinse your tattoo and air dry or softly pat with a clean cloth. **Do not** rub dry.
- **Do not ever** re-bandage the tattoo for any reason. Tattoos need air exposure to heal like any skin wound!
- Clean your tattoo at least *2x per day*, so that no excess plasma/blood could potentially cause dried scabs.

MOISTURIZING YOUR TATTOO:

• **Recommended Lotions:** Cerave, Aveeno, Cetaphil, Lubriderm, Eucerin, Jergens, Hustle Butter

*If you choose one type of lotion, use that one only, **do not** mix & match.*

- Go **minimal** with *unscented lotion*, *2x per day* (after washing). Apply the smallest amount possible so that it is barely shiny and covers the entire tattoo. Remove any excess with your clean finger. Too much can suffocate the tattoo or clog the pores. If the tattoo appears to be oozing after applying, then it's too much.
- *Use your best judgment.* If your tattoo looks dry/feels rough like a scab, add a thin layer of lotion.
Try and keep your tattoo as close to your normal skin texture as possible.
- Some prefer ointments (Vitamin A&D or Aquaphor). If you've used this before and it works for you, it should only be applied for the first few days. Switch to unscented lotion after. **Do not** use Vaseline; it's too thick to allow the tattoo to breathe. **Do not** use Neosporin; it encourages scabbing to heal a wound too quickly.

Moisturizing will keep the tattoo from scabbing. When scabs form on a tattoo, they have the potential to fade or scar, especially if it gets accidentally pulled off too soon during the healing process.

THINGS TO AVOID:

- **Do not pick or scratch.** While your tattoo is healing, it may be itchy and irritating. A piece of skin that appears to be on only the top layer might actually be attached to skin healing in the lower layers where your tattoo resides. You risk the ink fading in small spots if the skin comes off before it's ready. Applying a thin layer of lotion may help with the itchiness.
- **Avoid sunlight.** Exposing a tattoo to the sun when it's new not only hurts, but can fade it by 50%+ by the time it's done healing. You can't put sunscreen on a healing tattoo, so wear clothing that covers it. After your tattoo is completely healed, always apply sunscreen.
- **Avoid submerging it in any water,** such as in baths, pools/hot tubs, or lakes/oceans. These areas can harbor a lot of bacteria, and pools are filled with chemicals that dries out or irritate your tattoo. Peeling skin is more vulnerable when wet; it becomes soggy and detaches prematurely.
- **Do not wear restrictive/abrasive material** (denim). Make sure your tattoo gets enough air. To avoid irritating the tattoo the clothing must not be too tight. We recommend *loose breathable clothing* that can cover the tattoo to help protect it.
- **Avoid contact with animals** around the site of the tattoo. If you touch one, wash your hands immediately.
- **Avoid exercise.** The gym is often necessary, but it is filled with bacteria. Ideally, we recommend 2 weeks before going back to the gym. Wear clothing that completely covers your fresh tattoo to prevent touching dirty equipment. Avoid working out the body part with the tattoo and shower right after.

HOW LONG BEFORE ITS HEALED

As tattoos settle into the skin, it goes through a process of flaking and peeling. The top layer of skin will peel and the tattoo will appear shiny (few days to weeks). After the tattoo is no longer shiny (a month+) it will take on the texture of your normal skin, and your tattoo will be completely healed!

- **If any problems arise with your tattoo, please always ask your artist and the body art facility BEFORE taking any action on your own that was not instructed.**
- **Our artists are professionally trained to detect common concerns and give proper guidance.**
- **If an issue persists after consulting with your practitioner and following their directions, we recommend seeking professional care by a physician and informing us of their resolution.**
- **Please remember our duty as an artist is to execute the work; however, it is the client's responsibility to take good care of it after. Enjoy your new tattoo!**

To the best of my knowledge this information is correct:

Practitioner Signature: _____ Date: _____

I have received aftercare instructions:

Client Signature: _____ Date: _____