

## Tattoo Aftercare Instructions

- Leave your wrap on your tattoo for 2-3 hours (or you may be advised to sleep with the wrap on).
- Prior to removing your wrap, wash hands in liquid antibacterial hand soap. Then carefully remove wrap, and gently wash your tattoo with liquid antibacterial hand soap and lukewarm water with just your clean hands. Continue to gently wash until all plasma is free from the tattoo. You will know it has been thoroughly cleaned when the surface no longer feels “slimy”
- Pat (DO NOT rub) dry with a paper towel after washing.
- You will wash your tattoo 2-3 times daily using this routine. \*WASH IMMEDIATELY IF ANY UNCLEAR/ FOREIGN OBJECT TOUCHES IT!
- Make sure bed sheets and clothing are clean the first week of healing. If you have pets, do not allow them to sleep/lay with you. Keep all pet dander away from the open tattoo.
- In between washings, apply the aftercare (if you did not purchase aftercare through me, please use **unscented** moisturizer such as: Lubriderm, Curel, Aveeno.) The rule of thumb is, if you can see the lotion, it's too much. Only apply enough to moisturize and gently rub it in until fully absorbed. It is important not to over moisturize.
- Do not use Vaseline, Polysporin or other ointments unless approved by the artist.
- Be sure to wash your clean hands before you apply your aftercare to prevent contaminating the product, and risk infecting your tattoo.
- Do not use lotions or aftercare products that are not recommended by your tattoo artist.
- Apply the lotion to your tattoo as needed, anytime it feels tight or dry. Typically 3-6 times a day.
- Your tattoo is an open wound, so treat it as such. Keep it clean and away from pets and gyms. If you touch public facilities or your animals and touch your tattoo you run the risk of infection. KEEP IT CLEAN!!!!
- Keep your tattoo out of the sun until fully healed
- It will take approximately 2-4 weeks for your tattoo to fully heal. (Everyone heals at a different rate). If you are unsure if the tattoo is healed enough for sun and swimming, please send a clear photo to the artist for approval.
- Until healed, DO NOT submerge your tattoo in water (pools, baths, oceans, spas, etc...) Short showers are okay. Keep scented body washes away from the tattoo.
- DO NOT pick or scratch at your tattoo. Not only do you risk infection, but your tattoo will scar, and you may pull the ink out, causing it to heal patchy/dicoloured.
- DO NOT colour/bleach hair while your tattoo is healing if the tattoo is near the area where colour or bleach could reach your tattoo.
- As your tattoo begins to heal, it will itch and peel similar to sunburn. Allow it to peel ON ITS OWN, but do not help it peel off by picking or peeling it yourself.
- DO NOT wear too tight of clothing on the tattooed area. This may cause rubbing/chaffing of the healing skin, and may cause your tattoo to prematurely flake/peel, causing scarring, discoloration, as well as discomfort. Make sure to wear loose breathable CLEAN clothing during the healing process.
- Your tattoo may have a thicker scab while healing sometimes due to plasma drying on the skin. Do not be alarmed if your tattoo scabs more than flakes. It is normal and will still heal adequately provided you follow proper instruction.
- Redness and pain for the first 36 hours is normal
- You can apply a cold pack to the tattoo area (wrap the tattoo in plastic wrap first as to keep any contaminants away from the tattooed area) for 10-15 minutes at a time for the first couple days to reduce pain and swelling.
- An anti inflammatory such as Ibuprofen can also help reduce swelling and discomfort, but only take if approved by your doctor. If you cannot take Ibuprofen or are unsure if you can, do not take unless advised by a healthcare professional.
- If you have any questions or concerns, please contact your tattoo artist first before consulting others.