

## TATTOO AFTERCARE

### FIRST 24 HRS:

- *For Plastic Wrap*, leave the wrap on anywhere between 1-2 hours. After removing the wrap, dead skin cells, plasma, and blood need to be gently rinsed off with warm water (no soap) to reduce likelihood of infection. Air Dry or softly pat with clean cloth. Do not put anything on the tattoo for 24 hours.
- *For Saniderm*, please see the Saniderm Instructions & Info page.

*Proper care in this crucial beginning stage of healing maximizes the quality of your tattoo for the rest of its life. I can either put Plastic Wrap, Pad or Saniderm Bandage over the fresh tattoo. This keeps the tattoo protected from: possible infection while the agitated, open pores close up or any blood/plasma from drying out.*

### CLEANING YOUR TATTOO AFTER 24 HRS:

- **Always** wash your hands before touching your tattoo!
- Use *unscented antibacterial liquid soap* and your 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 it dry.
- **Do not ever** re-bandage the tattoo for any reason. Tattoos need air exposure to heal like any skin wound!
- Wash your tattoo at least *2x per day*, so that no excess plasma/blood could potentially cause scabbing **MOISTURIZING YOUR TATTOO:** *While tattoos do require air to heal, moisturizing will keep it from scabbing. When scabs form on a tattoo, they have the potential to fade or scar a tattoo, especially if it gets accidentally pulled off during the healing process.*
- Go **minimal** with *unscented lotion*, *2x per day* (usually after washing). Apply the smallest amount possible that covers the entire tattoo. Gently rub the lotion in so that it is barely shiny, and remove any excess with your clean finger. Excess lotion could suffocate the tattoo and clog the pores. If your tattoo appears to be oozing after applying, then you've put on too much.
- If you choose one type of lotion, use that one only, **do not** mix & match. **Recommended Lotions:** Hustle Butter, Aveeno, Cetaphil, Lubriderm, Eucerin, Jergens, Cerave,
- *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 Neosporin; it encourages scabbing to heal a wound too quickly. **Do not** use Vaseline; it's too thick to allow the tattoo to breathe.

*As your tattoo continues to heal, it will look very different. Do not worry about these stages. Tattoos go through a process of flaking and peeling after a few days as it settles and the damaged top layers of your skin rejuvenate. After a couple days to weeks, the top layer of skin will have peeled and the tattoo will appear shiny. After the tattoo is no longer shiny (a month+) and takes on the texture of your normal skin, your tattoo will be completely healed!*

### 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.
- **Do not wear restrictive/abrasive material** (denim). Make sure your tattoo gets enough air. If your tattoo is in an area where clothing rubs against it, the clothing must not be too tight so that the tattoo doesn't scab. We recommend *loose breathable clothing* that can cover the tattoo to help protect it.
- **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.
- **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 can be crawling with bacteria. Ideally, we recommend 2 weeks before going back to the gym. We hope you wear clothing that completely covers your fresh tattoo to prevent touching dirty equipment. Shower right after and avoid working out the body part with the tattoo.
- **Most importantly, avoid sunlight.** Exposing a tattoo to the sun when it's new not only hurts, but a sunburn 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 wear sunscreen.

**Please remember my job as tattoo artist is to execute the work; however, it is your responsibility to take care of it after. If you have any questions or concerns, please always ask BEFORE doing anything that was not instructed. Otherwise, enjoy your new tattoo!**