

TATTOO AFTERCARE

Guidelines for Tattoos until Fully Healed ~2-4weeks

Only touch with clean hands, and **only** for cleaning purposes

Don't submerge in any body of water -NO bath, lake, ocean, pool, hot tub *NO Chlorine*; take ***quick* showers instead**
Don't expose to **sunlight** or animal anything (**no fur, paws, claws, tongues**) directly or indirectly (bedding/couch cuddles)
Don't use sunscreen until fully healed, then use 50+SPF for *life*

Don't pick, scratch, or apply friction (**no tight/rough clothing, elastic bands, bag straps, watches**)

Keep your tattoo **moisturized, but allow it to breathe**

NO GYMS OR LOCKER ROOMS **Fresh tattoos are open wounds** and not only are gyms filled with other people's sweat and germs, the cleaning products used to combat those germs are too harsh for an open wound.



Instructions for use of Self-Adhering Transparent Bandages ****1-7days****

If your tattoo is smaller scale and/or linework, it may not weep, and if so, the film can be left on your tattoo for ***up to* 7days**
If your tattoo weeps overnight (which is totally normal), you can come in for a removal, cleaning, and second application

If your bandage weeps or peels enough to expose your tattoo or leak in any way OR seems overly full of fluid, remove it and clean your tattoo

If something can get out of the bandage, then something else (potentially contaminating) can get in

Self-Adhering Transparent Bandage Removal:

*(This can be done in the shower to loosen it if so, do it at the *end* of your shower as the last thing before you get out)*

1. **Wash** your hands
2. Gently lift the edges/border of bandage around the tattoo
3. ***Slowly* peel the bandage backward while gently stretching the skin in the opposite direction**
Try to **avoid** pulling the bandage upward/perpendicular to the skin
4. **Gently wash the tattoo with warm water and lathered fingertips, rinse thoroughly with cold water** - Don't rub. Use a mild soap (Dove, Ivory, Dr. Bronner's - Don't use antibacterial or scented). Pat dry with clean paper towel.
5.
 - a. If you had the bandage on for close to a week, just **wash it 3 times daily** and use a ***thin*** layer of Cocoa Butter or a plain, unscented, white lotion to keep your tattoo *clean* and *moisturized*, but allow it to *breathe*.
 - b. If still in the first 1-3days, we can re-apply a new Bandage or you can switch to traditional cleaning&moisturizing



Traditional Cleaning & Moisturizing

3 Times Daily: WASH YOUR HANDS

→Use a mild soap (Dove, Ivory, Dr. Bronner's - Don't use antibacterial or scented). **Gently wash with warm water and lathered fingertips, rinse thoroughly with cold water** - Don't rub. If showering, do this last. Pat dry with clean paper towel.

→Use an ointment your body likes (Vitalitree or Aquaphor?). Gently massage a thin layer into the tattoo, blot dry with a clean paper towel - Don't wipe. **Check it after 10-15minutes, if it appears shiny/slimy/glossy, blot again.**

As it begins to peel: Stop using the ointment and switch to Cocoa Butter or a plain, unscented, white lotion.

Call, Come in, or Email us with any questions!

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