

## Tattoo aftercare:

Remember, it might look like a tattoo right now, but it's best to treat it like a wound for the next week or so. So...

1. Wash your hands and remove the bandage after a couple of hours. It's there to soak up anything that might leak out on your way home, but we take a very "open air" approach to healing. Using warm water and liquid soap gently clean any hood, goo, or Vaseline from the tattoo. Dab dry with a clean towel (I like paper towels) and let it air out for a few minutes. Then, apply a really thin layer of Aquaphor\*.
2. Repeat step 1 above -morning and night - for 3 days.
3. For days 4-6 you want to wash it like you have been, except finish it with white lotion instead. The whole process allows the tattoo to stay exposed to the air, but also not so open that it dries out.
4. After that you can wash regularly and apply lotion, but really read what your body is telling you - but keep in mind most of the time if you feel your tattoo it's your body telling you to drink water. Seriously, staying hydrated will make this whole thing easier since 99% of the healing process happens in your body.

## Tips/tricks/notes:

- It is a wound, so a little pain and swelling is expected for a few days. If needed ibuprofen can help.
- Do NOT pick, scratch, itch the tattoo. You may want to, but when you damage the healing skin you damage the healing layers underneath where the tattoo is finding it's permanent home.
- Water. Again. Drink lots of it.
- Do NOT soak the tattoo until after it's fully healed. Swimming pools, hot tubs, saunas, long showers, etc. are murder on new tattoos. A normal shower is usually fine as long as the tattoo isn't in direct jets of water too long, but the goal is to keep that scab from soaking up water.
- Avoid direct sunlight on your new tattoo. Once healed use high spf sunscreen to help protect the skin the tattoo sits in.
- As a general rule we consider tattoos healed after 3 weeks.

