

## Tattoo Aftercare

The first few days and weeks (for a new tattoo) are probably the most important for your new tattoo. Make sure that you care for it properly. Below is the healing procedure and some do's and don'ts that we recommend. But because each individual is different, this may not always be the best recommendation for each person. We recommend that you follow the advice of your tattoo artist or seek the advice of a doctor first.

- Always wash your hands before touching your tattoo!
- When you get home: Remove bandage within 2- 10 hours after getting your tattoo. Do not re-bandage. Your tattoo needs to breathe, just like any open wound.
- Wash your tattoo with an anti-bacterial liquid soap. Be gentle, do not use a washcloth or anything that will exfoliate your tattoo. Only use your hands.
- Gently pat your tattoo dry with a paper towel. Do not rub, or use a fabric with a rough surface.
- The first 3-4 days: Rub a small amount of ointment on your tattoo. We suggest Aquaphor and or an unscented lotion (with no alcohol in the lotion) or H2Ocean Aquatat Tattoo Ointment – whatever you know you're not allergic to. And always remember to use clean hands and do not place your fingers back into the ointment after touching your tattoo. Make sure to rub the ointment in so that it is not shiny, or greasy– you want the thinnest amount possible. Pat off any excess ointment with a clean paper towel. Do not use Vaseline, petroleum, Neosporin, or Bag Balm. Wash, dry and apply ointment 3-5 times daily, as needed.
- On the first night, you may want to wrap your tattoo in saran wrap to prevent sticking to your bedding. Do not use any cloth bandages or pads, as the fibers of this material can adhere to your open tattoo and hinder the healing process.
- Wear clean, soft clothing over your tattoo for the first 2 weeks– nothing abrasive or irritating. For a foot tattoo: go barefoot as much as possible. If you must wear shoes, first wrap your clean tattoo in saran wrap, then cover with a clean cotton sock before putting on your shoe. Avoid sandals or flip-flops for this period to prevent chafing and damage to the tattoo.
- After day 3 or 4: On the 3rd or 4th day your tattoo will begin to peel. This is normal! Do not pick at the skin. Begin using a mild, white, unscented lotion, free of dyes or Perfumes.
- Use lotion for minimum 2 weeks, 1-2 times daily.
- RESIST THE URGE TO SATISFY YOUR DESIRE TO SCRATCH, RUB, OR PICK at the tattoo.
- Remember -- the first few days and weeks (for a new tattoo) are probably the most important for your new tattoo. Make sure that you care for it properly. Consult a physician if you experience symptoms such as excessive swelling, redness, yellow or green discharge, fever.

### **THINGS TO AVOID:**

- You can shower, but do not soak your tattoo for at least 2 weeks.
- No heavy workouts/ exercising, swimming, soaking, sweating, sauna or hot tub.
- Do not use hydrogen peroxide or rubbing alcohol on your tattoo.
- Do not pick, scratch, peel, slap, rub or irritate your tattoo.
- Do not expose your tattoo to the sun for at least 3 weeks, after that you must use sun block.
- Do not wear any super tight or abrasive clothing/ materials, jewelry, or shoes that may rub against your healing tattoo.
- Do not let anyone touch your tattoo, unless they just washed their hands.
- Beware of gym equipment; sanitize it/ wash it well before using it.

I have received, read and fully understand my tattoo aftercare instructions:

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_