

**REMINDER:** Your new tattoo is technically an open wound and should be cared for as such.

**NOTE:** Products recommended can be found via my Linktr.ee <https://linktr.ee/lunarbodyart>

### HOW DO I CARE FOR A NEW TATTOO?

It's easy to ruin or fade your new tattoo if you do not care for it properly. Even worse, your tattoo could become infected, or you may have to get it touched up frequently or completely. Luckily, proper tattoo care is not difficult, but it is necessary.

The size and intricacy of your tattoo will determine how long its healing process will take. Bigger tattoos take longer to heal because they cause more stress to your skin, often requiring up to three months for complete healing. Smaller tattoos, by contrast, may heal within two to three weeks, though they still demand the same level of care. Solid patches of ink also tend to heal more slowly. It can take up to three months for your tattoo to heal fully, but with the right care and products, your tattoo will be vibrant and healthy much sooner.

Here's the step-by-step process to ensure proper tattoo healing:

#### ● **STEP 1: KEEP THE TATTOO COVERED**

Your tattoo artist will clean the tattooed area and then send you home with a bandage over your fresh tattoo. For the first few hours – a minimum of three – wear the bandage.

**\*\*If your artist used Tegaderm or Saniderm, you may keep it on for up to three to five days (but always confirm their instructions).** You'll see what looks like spreading inky liquid under the bandage. This is blood, plasma, and some extra ink. Your skin will also be red and sore. It might feel slightly warm to the touch.

When you remove your bandage, wash your hands thoroughly with antibacterial soap. From here, move on to washing your tattoo.



## STEP 2: WASH YOUR TATTOO

Once the bandages come off, use a gentle, fragrance-free, liquid soap like Dial Gold or Dr. Bronner's to clean the area. Wash with lukewarm water and pat it dry with a clean paper towel. Do not scrub the skin, let water hit it directly, or rub it dry, as this can damage the healing area.

- Avoid harsh soaps or exfoliating products.
- Lukewarm water is ideal. Hot water may irritate the skin, while ice-cold water can slow the healing process.
- Wash your tattoo **gently** twice a day for the first two weeks to remove plasma, excess ink, and bacteria.

If you notice a bit of ink running into the sink as you wash, don't panic – it's just excess ink. Continue to be gentle with the area as it heals.

## STEP 3: MOISTURIZE

Your body heals the tattoo, not the lotion. It is for keeping your skin from drying out too much and healing the tattoo more comfortably. Using a moisturizer is a crucial step. Keeping the area hydrated protects it from drying, cracking, and bleeding.

**First, LET IT AIR DRY OR DRY WITH PAPER TOWELS**, then apply recommended unscented moisturizer after each wash to keep the area calm and moisturized without suffocating the skin.

- Use a thin layer of moisturizer two to three times daily, as over-applying can suffocate the skin, trap excess moisture, and slow the healing process.
- Avoid petroleum-based products, as they can trap bacteria and hinder healing. Instead, opt for tattoo-specific balms or products containing ingredients like shea butter, jojoba oil, or aloe vera, which are safe, nourishing, and effective for the healing process.

Once your tattoo is healed (usually after two to four weeks), use unscented body lotion for long-term hydration and ink preservation.



## STEP 4: PROTECT YOUR TATTOO FROM THE SUN

Your new tattoo is fragile and sensitive to UV rays. Sun exposure can cause fading and interfere with healing. Avoid direct sunlight for the first two to four weeks, and cover your tattoo with loose clothing if you need to be outdoors.

Once healed, apply a Sunscreen with at least SPF 30 regularly to protect your tattoo from UV damage and keep it looking fresh.

## STEP 5: AVOID STRENUOUS ACTIVITY

Working out can introduce bacteria to your fresh tattoo through sweat, overstretching healing skin, and cause scabs to tear. **Wait 48 hours** before doing light activities like walking or cycling. For the **first four to six weeks**, avoid strenuous exercises and clean your tattoo immediately after any physical activity.

## STEP 6: AVOID TIGHT CLOTHING

Wear loose, breathable fabrics over your tattoo during the healing process. Tight clothing can stick to lotions or gels, pull off scabs, and cause unnecessary pain or irritation. Dedicate a few pieces of clothing specifically for this stage to prevent ink from staining your wardrobe.

## STEP 7: DO NOT PICK AT SCABS

Scabbing is a natural part of the healing process. Picking at scabs can pull ink out of your skin, leading to patchy spots and scarring. Resist the urge to scratch, and use your moisturizer to calm any itching.

## STEP 8: AVOID SWIMMING

Pools, hot tubs, and natural bodies of water expose your fresh tattoo to bacteria and chemicals, which can lead to infection. Avoid swimming for the first **two to three weeks** or until the scabs have fully healed. Showering is safe as long as you're gentle and avoid soaking the area.



## OTHER THINGS TO KNOW

### **SLEEP ON CLEAN SHEETS AND NO PETS IN THE BED**

If your tattoo is not covered with Saniderm, then it is open to infections while healing. Pet dirt and dander are a good way to get an infection in the wound, as are dirty sheets.

### **STICK TO THE BASICS!**

Do not apply alcohol, peroxide, Vaseline, numbing agents, or other ointments to your healing tattoo. Use only what was recommended.

### **NO WAXING OR SHAVING UNTIL HEALED!**

The less trauma, the better.

### **IT IS GOING TO BE DARK AT FIRST**

Right after the procedure, the procedure area will start to oxidize and darken. It will continue to be dark until the scabbing has worked its way off. This is totally normal.

### **THEN IT WILL LOOK LIGHT**

Once the scabbing has worked its way off, you have fresh new skin over the color that lies underneath. This new skin will be lighter at first as it gets saturated with the pigment underneath. Again, this is totally normal.

### **DID YOU GET VERY FINE LINES? AFTER 30 DAYS, IT MAY NOT BE PERFECT YET**

For some, especially very fine-line artworks, it is normal to have a little unevenness in lines as far as being darker or lighter is concerned. Just let me know and I will get you in for a touch-up.



## ● HOW DOES SANIDERM WORK AND WHAT ARE THE BENEFITS?

Unlike plastic wrap, Saniderm is a sterile, medical-grade, breathable, and waterproof tattoo bandage specifically engineered to be oxygen-permeable.

Saniderm bandages solve many of the problems associated with plastic wrap and petroleum-based products.

It is also latex-free.

By locking in the body's blood and plasma as it exits the wound site during the first 24-48 hours, Saniderm prevents scabbing and thus accelerates the recovery process. Saniderm also drastically reduces the risk of tattoo contamination by keeping the site covered with a protective barrier, preventing potential infections. Plus, it conveniently eliminates sessions of washing and applying aftercare to a new tattoo. The result is a tattoo healing experience that is safer, smoother, and more efficient.

