



Areola Aftercare Instructions

***Always wash your hands before performing your aftercare**

AFTER YOUR TATTOO: PURCHASE: non-stick gauze pads (2"x3") and paper tape.

1. REMOVE BANDAGE in two hours or as soon as it is convenient.
2. WASH YOUR HANDS, then gently but thoroughly wash your tattoo(s) with mild soap and water using your fingertips.
 - DO NOT scrub or use a washcloth. (CeraVe or Cetaphyl are good soaps to use.) DO NOT use anything astringent.
 - Rinse until all surface ointment, soap and/or body fluids have been removed.
 - Please wash your tattoo site daily: at least once, but no more than twice.
3. LET YOUR TATTOO AIR DRY for about 15 minutes. You can periodically blot the site very gently with a damp paper towel to facilitate drying.
 - Your tattoo will feel taught or tight when it is thoroughly dry.
4. WASH YOUR HANDS AGAIN & APPLY OINTMENT in a thin light coat by gently rubbing it into the tattoo with your clean fingertips. If there is any excess, remove it by blotting off with a damp paper towel (never blot with a dry paper towel).
 - Tattoo should feel moistened but not heavily coated. Please use only the ointment I give you ... nothing else!
 - If the ointment burns or hurts in anyway, stop using it immediately, rinse off and call me.
5. BLOT YOUR TATTOO. All tattoos weep body fluids and it is important to blot these fluids off with a damp paper towel periodically throughout the day the first 2 to 3 days. This is important for good, even color healing.
6. RE-BANDAGE with non-stick pads whenever you have to wear tight clothing over your tattoo (such as a bra), or if you will be sleeping directly on the tattooed area.

- Note: While your tattoo is covered, it is healing at a much slower rate, so whenever possible, expose the tattoo to air or simply cover your tattoos with loose fitting, soft, cotton clothing (such as a white cotton t-shirt).

7. PEELING will begin around the 4th day and continue for up to a week. The tattoo peels very similar to a sunburn peeling.

The tattoo may have a waxy or shiny appearance when it first peels, this is normal.

- DO NOT pick or help flakes to come off, this is very tempting to do, but it is really important not to. Let all peeling and flakes fall off naturally. The tattoo may be dry and flaky for up to 3 weeks.

Don'ts

7 days (or until all peeling is complete):

- Expose your tattoo to dust or dirt
- Exercise intensely or cause sweat in the area of the tattoo. Movement and moderate exercise is fine!

14 days:

- expose your tattoo to sun (this includes tanning beds)
- Soak your tattoos in fresh, chlorinated or salt water (lake, pond, bathtub, Jacuzzi, pool, sauna, ocean, etc.)
- Apply Vaseline, petroleum jelly or alcohol. Apply only the ointment I provided you with.

AFTER TWO FULL WEEKS, you can treat your tattoo just like the rest of your skin. Sunscreen is an absolute necessity if you expose your tattoo to direct sunlight after it has completely healed. Moisturizer is a nice thing to do for any skin, tattooed or not.

-We can do the second session after 8-10 weeks of healing to adjust any color or details that are needed.

Thank you for allowing me to be a part of your healing journey! If you have any questions or concerns during your healing process, don't hesitate to contact me. Email- JamieM.Microblading@gmail.com or (530)282-8151
Jamie