

# LOOK @ THAT

## Tattoo Aftercare Instructions

A tattoo is *MORE* than just a piece of art and a way to assert your personal style. It's a *medical procedure* too.

Caring for your tattoo properly can prevent those complications and ensure that the tattoo heals properly.

- Leave the Newskin on for 2-3 days. You might get an "ink sack" which is simply fluid, blood, or excess ink that might leak out. (This is totally normal.)
- Remember that a tattoo is a wound. When you're ready to remove the Newskin, treat your tattoo like you would any other skin injury. Wash your hands before touching your tattoo and carefully wash the area with soap and water. Always use lukewarm water and a mild, fragrance-free antibacterial soap. Wash tattoo 2-3 times per day for the first 3-4 days.
- Keep it moist, but let it breathe. After cleansing the tattoo, you can begin to moisturize with a thin layer of ointment or another approved product (see the list below for more options). If your tattoo is in an area that isn't covered by clothing, leave it uncovered to let your skin breathe and facilitate healing.
- Cover up when you're in the sun. Opt for loose-fitting, sun-protective clothing until your tattoo heals. Then, pile on the SPF — tattooed skin isn't immune to UV rays or premature aging.
- **Don't** rub your skin dry — pat it gently to avoid irritation.
- **Don't** wear sunscreen until your tattoo is fully healed, because the chemicals or minerals could irritate your broken skin.
- **Don't** pick, scratch, or rub your tattoo until it's healed. You could cause scarring or ink lifting.
- **Don't** swim, soak in a hot tub, or take a bath until your tattoo has healed completely. Opt for a shower instead. (It's fine to soak or swim if you can keep your new tattoo out of the water.)

**Soaps:** Use a fragrance-free, mild soap such as:

- Dial, Dove, or Neutrogena as well as products for babies tend to be good choices, since they're usually fragrance-free and gentle.

**Petroleum-based ointments:**

- These thicker, ultra-hydrating products are best during the first few days.
- Use a thin layer of these products, so your skin can still breathe and heal.
- A&D ointment (yes, the kind used for diaper rash) is a cheap and popular choice for new tattoo aftercare. This ointment is also called Bepanthen.
- Aquaphor Advanced Healing Ointment is another hydrating and anti-inflammatory option.
- Good old petroleum jelly (aka Vaseline) also works well.

**Moisturizers**

- As your tattoo starts to heal and the scabs fall off, reach for a gentle moisturizer as needed.
- Baby care lotions and creams work well on tattoos, but always choose fragrance-free varieties!
- These easy-to-find lotions and creams are solid choices:
  - Eucerin
  - Curel
  - Aveeno
  - Lubriderm

**Tattoos and coconut oil: A love story**

Looking for an affordable, natural way to keep your tattoo protected? Look no further than your kitchen. Coconut oil is a super popular tattoo aftercare product.

The oil is a natural analgesic (pain reliever) and has anti-inflammatory and fever-reducing properties, so it makes sense to use it on your newly inked skin. Make sure you choose virgin coconut oil, which is solid at room temp, over refined versions that are liquid.

