

# *Ink Haus*

## CREATIVE STUDIOS

### AFTERCARE INSTRUCTIONS

#### FOR AREOLA RECONSTRUCTION BY TATTOOING

- 1. When you get home remove the bandage and gently wash with soap & warm water using your fingers. DO NOT SCRUB!**
- 2. Lightly pat dry with a clean towel then apply the smallest amount of antibacterial cream as possible. (Bepanthen First Aid - Antiseptic Cream or another Aftercare cream issued by your Tattoo Artist).**
- 3. Apply a non-stick pad and put on a bra. (Only wear the non-stick pads we give you. Be sure to wear a pad and bra for sleeping, (you can put some cling wrap over the nipples before bed and remove in the morning if you are afraid of the tattoo sticking to the pad)**
- 4. 2-3 times a day remove the pad and reapply the smallest amount of antibacterial cream as possible and then replace with the same pad.**
- 5. Repeat steps 1-4 for 4 days using a new pad everyday.**
- 6. Do not wear the pads or cling wrap 24 hours a day. You must let the tattoo air out at some point during each day for several hours.**
- 7. When most of the scabs are gone switch from *Bepanthen First Aid-Antiseptic Cream* to a mild moisturizing lotion or cocoa butter. (no harsh chemicals or fragrances in the moisturising cream) At this point you are not required to use a non-stick pad. Continue to apply lotion daily.**

**8. Some flaking or scabbing may occur, this is normal. If scabs become heavy or thick call your artist. (0402181693 Aleisha) However, most scabbing and peeling is a very normal part of the process. Your tattoo may also be itchy- this is normal aswell.**

**9. DO NOT USE BEPANTHEN FOR MORE THAN 5 DAYS**

**10. If anything looks unusual such as oozing, redness, cracking, swelling, warm to the touch call your artist immediately. (0402181693 Aleisha)**

### **Helpful Hints During Healing**

- **The main idea is to keep the area hydrated until healed but not to use excess amounts of cream.**
- **After the first day you wear a cotton t-shirt as a breathable bandage in place of the non-stick pad and bra as often as possible. If you must wear a bra or tight clothing you will need a pad.**
- **Avoid swimming, bathtubs, saunas etc. until healed. Showers are okay.**
- **Feel free to workout as usual. (Wear a bra and non-stick pad and cream if within the first 4 days)**
- **Some itching and flaking will occur but DO NOT SCRATCH.**
- **You should heal completely in a week but it may take several weeks for the area to settle into its final appearance. The area may lighten slightly but the final result should last a lifetime.**
- **If the area is not healed and smooth in approx 3-4 weeks -call your artist.**
- **If you have ANY questions please feel free to call your artist and ask...(0402181693 Aleisha)**