

All you need to know for **Saniderm tattoo aftercare**

A good aftercare routine will ensure that your tattoo heals properly. Being an investment that will last a lifetime, you want to make sure you do your aftercare the best you can. Half of your tattoo's final result depends on your artist's work and the other half depends of the quality of aftercare you do.



Using Saniderm is a very effective and relatively easy way to heal your tattoo. Here is a guide you can refer to if your artists decides to take this route.

● What is saniderm?

Designed with tattoos in mind, Saniderm is a vegan polyurethane acrylic adhesive medical bandage. Saniderm tattoo bandages are breathable and flexible, yet durable enough to protect your tattoos from outside irritants. Saniderm also plays an important role in tattoo aftercare by sealing in the fluids that your body secretes during the healing process, further promoting regeneration. The medical community commonly uses products similar to Saniderm for aiding in the healing of cuts, burns and road rash.

Saniderm will normally be applied by your artist in the studio. In some cases, your artist may instruct you to apply it yourself at home. Leave the Saniderm on for 3-7 days. The duration will depend on your specific tattoo session, so please follow your artist's instructions.

● How does Saniderm work?

When you get a tattoo, you are essentially giving yourself a wound. Our bodies naturally produce healing elements to break down dead tissue and rebuild new tissue when it experiences injury — and under normal circumstances, these healing elements will dry up and evaporate quickly. When this happens, it hinders the healing process and can cause scabbing, scarring and discoloration. Saniderm's tattoo bandage seals in the body's natural moisture and healing enzymes, allowing the body to regenerate more efficiently. Additionally, airborne bacteria can penetrate through your broken skin after you get tattooed. For this reason, it's important to cover the tattoo with a bandage or dressing. We advise against using saran wrap, as it can suffocate your tattoo. By design, Saniderm's tattoo bandage is permeable enough for oxygen and water vapor to pass through. This is important, as it allows the wounded area to maintain optimal levels of breathability. Additionally, Saniderm protects against dirt and germs, while offering protection from friction and other irritants that may further interfere with the healing process.

● How to remove Saniderm

Remove the Saniderm in a warm shower. The warmth will loosen the adhesive and make it easier to remove. Find an edge of the Saniderm and slowly pull it back

over itself in the direction of hair growth. Pulling upward on the Saniderm can be painful, so we don't recommend it. If you're having trouble removing the Saniderm, use Opti-Scrub Antimicrobial Soap to loosen the bandage

- **After Saniderm is removed**

Clean your tattoo with Opti-Scrub Antimicrobial Soap and warm water. The Opti-Scrub Antimicrobial Soap can be purchased at both of our studios. Do not use bar soap, loofahs, rags or sponges as they harbor bacteria. Lather with soap first, then wash using your palm, gently removing any slimy residue. Rinse with cold water and pat dry with a clean paper towel, then allow it to air-dry for 10 minutes.

Q: What's the difference between Antimicrobial and Antibacterial?

A: Antimicrobial is an additional line of defense beyond antibacterial. An antimicrobial substance is one that kills or inhibits the growth of microorganisms, fungi or protozoans as well as bacteria.

The next stage of after care will depend on if your tattoo has reached the peeling stage or not

- **If your tattoo started to peel**

Your tattoo will start to peel, similar to a sunburn. Do not pick or scratch at the cracked and flaking skin.

At this point, do not apply any more ointment. The area will become dry and itchy. Redemption lotion can now be used three to four times daily, for at least two weeks, instead of the ointment. Repeat each day until the skin returns to its normal texture and elasticity.

If you feel a heavier lotion is required to prevent over-drying in-between application (physically dry to the touch and not just skin that feels tight), you may either apply additional Avocado Oil to the driest areas or switch up to a heavier lotion like Lubriderm for Normal to Dry, or Dry Skin.

Q: What if I get scabs?

A: Call us as soon as possible. Scabs are the body's natural way of protecting wounds while they are healing. However, it is important to maintain the appropriate aftercare to prevent scabs from forming as they can prolong and

complicate the healing process, which can lead to uneven healing and even scarring. If scabs do form, once the tattoo is in the full peeling phase, sparingly apply lotion to the entire area making sure to thoroughly massage and not over apply or soak scabs with lotion. Any developed scabs should not be picked at or prematurely removed. If you get any pimples in the area tattooed during this phase, you need to decrease lotion application times or switch down to a lighter lotion.

Q: It looks like I have clear fluid-filled blisters or pimples in the area that was tattooed? What should I do?

A: Call us as soon as possible. You may have heat rash, a skin condition caused by blocked sweat ducts and trapped sweat beneath the skin. Heat rash usually clears on its own but you can help relieve symptoms by cooling your skin and preventing sweating. If your symptoms last longer than a few days, the rash seems to be getting worse, or you notice signs of infection, contact a trained physician

- **If your tattoo HAS NOT started to peel**

Sparingly, but thoroughly, massage a very small amount of Redemption Organic Tattoo Aftercare into the skin to keep the tattoo slightly moist, but not smothered. Do this every four to six hours (washing before each application). Redemption is a USDA certified organic tattoo ointment and is available at both studios. Use just enough to give the tattoo a slightly satin shine, and blot with a clean paper towel. Your skin will take in all it needs, so do not leave excessive ointment on the skin. Ensure that extra moisture doesn't get trapped under the Redemption by blotting and air-drying after every washing. Do not use petroleum jelly or products containing petroleum (e.g. Vaseline, Aquaphor, etc.).

- **Could I have an allergic reaction to Saniderm?**

Saniderm is both latex free and hypoallergenic, so allergic reactions are very rare. However, some people may have sensitive skin or allergies to adhesives. If you do experience a rash, abnormal skin irritation, or other symptoms of an allergic reaction, discontinue use and wash with mild soap. Similarly, consult a physician if necessary, and NEVER use Saniderm on infected skin!

● What NOT to do after a tattoo session

- The healing tattoo should never be submerged or soaked in water. You should also avoid saunas or other steamy and sweaty environments until the tattoo has finished flaking and peeling. Therefore, limit yourself to only short showers that DO NOT allow steam to build up on bathroom mirrors.
- Do not swim until the flaking and peeling are all gone naturally by itself. Usually, this takes around two (2) to three (3) weeks. The Texas health department lists that there should be at least a two (2) week waiting period.
- While your tattoo is healing, do not allow it to be exposed to sun or other forms of UVA/UVB radiation including tanning beds. This significantly increases your risk of scarring as the tattooed area is still an open wound. Also be aware that there is an increased risk to skin cancer as the skin is highly vulnerable in any healing condition.

Refrain from any workout or physical activity heavier than walking, especially in cases where the new tattoo is in a direct sweat zone of the body. It is also important that a fresh tattoo be kept out of the sun and dirty environments, as it is still an open wound

● What you SHOULD do after a tattoo session

- After all flaking and peeling is gone, normal activities in water can be resumed.
- The use of sunblock on the tattooed area may be resumed after all the flaking and peeling is gone. When in the sun or swimming, it is vital to apply and allow to dry, a sunblock of at least 60 SPF every two (2) hours as listed by FDA regulations. Please be aware that sunblock of 100 SPF and higher is available. Sun burning will permanently damage and fade your healed tattoo
- Intentionally tanning your skin will make tattoos look dingy. If you must tan, use a minimum of 60 SPF on your tattoos even if you choose to use other methods for the rest of your non-tattooed skin.
- After all flaking and peeling is gone, light to moderate cardio may be resumed. However, muscle specific training involving the tattooed area may be resumed when the collagen returns to the area. This takes roughly three (3) to four (4) weeks to allow for complete return of elasticity to the skin.

Saniderm Tattoo Aftercare

- Daily moisturizing and staying hydrated (8 glasses of water a day – 64 fl. oz. or 2 liters) keeps the skin healthy which inevitably keeps the tattoo looking good. The healthier the skin, the better the tattoo will look. Exfoliating and/or shaving/trimming the hair on the tattoo can also keep the tattoo looking better