

Tattoo Aftercare

1 Wash the tattoo using a mild antibacterial soap (such as Dial) and warm water. Take care to remove all traces of blood and plasma as this will cause scabbing. Do not scrub the tattoo with a washcloth during the two week healing period. Pat it dry with a clean, soft cloth or paper towel and leave it alone for about 20 minutes, basically until it starts to feel like the skin is a little tight and dry. This allows for excess moisture from the swelling under the skin as well as moisture introduced by washing the tattoo to evaporate out. It's very important to let your tattoo "breathe" like this any time you get it wet before it gets into the peeling stage.

2 Once dry, apply a very thin coat of ointment to the tattoo. We recommend using Aveeno Daily Moisturizing Lotion or Aquaphor as ointment, or other such tattoo aftercare products. Only use enough to make it shine if using an ointment, a little goes a long way. Too much ointment traps germs into your new tattoo which can potentially lead to infection. Just a dab will do. Work it in well. Dab off all the excess with a paper towel. There should be just enough to keep the tattoo moist and to keep it from scabbing. Do not re-bandage the tattoo.

3 Repeat the cycle of washing, drying, and applying ointment to the tattoo about 3-4 times per day for the first 3 days (while the tattoo feels tender).

4 Moisturizer can be applied whenever the tattoo is feeling stiff or dry but beware of over-moisturizing. Your body will absorb what it needs where it needs it. Apply ointment twice a day for two to three days then switch to a regular *Unscented* moisturizer like Tattoo Goo Lotions, Out to Sea Lotions, or something over the counter such as Eucerin, Lubriderm, Curel, or Jergens. Apply moisturizer twice a day for the remainder of two weeks. Do not use lotions that contain color or fragrance at all until the healing is complete. (Usually anywhere from ten days to two weeks; Possibly longer for slower healers.)

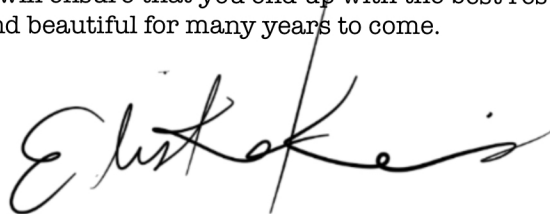
5 You must keep your tattoo moisturized! When the tattoo is kept moist it doesn't have a chance to form a scab but does form a thin membrane to protect the tattoo while it heals. This layer peels off very similar to a sunburn (do not peel your tattoo, you will pull the ink out!) and it is perfectly normal to see small flakes of colored skin falling off during this stage of healing.

6 You must keep your tattoo clean! However, long showers or baths must be avoided for 2 weeks. Prolonged soaking can and will loosen scabs if any have formed, or will soak through the soft tissue turning it into a soggy mess and cause your ink to flow down the drain. This includes swimming in the Ocean or a Pool, Hot Tubs, and Saunas. Short showers are best, under ten minutes if possible.

7 Please refrain from scratching or picking at the tattoo. Scrubbing with a washcloth can be very harsh on a tattoo and will cause your colors to fade. Disrupting the tattoo while it's healing can also cause scar tissue. It is normal for the tattoo to become very itchy during the healing time. Just remember not to pick or scratch no matter what!

8 Remember, the sun is BAD for your tattoo! Whether the tattoo is new or old, if you want it to look nice and heal properly, keep it out of the sun. A sunburn on a new tattoo can cause a lot of problems. It will dry out your tattoo and could cause it to form a horrendous scab resulting in fading before it is even healed. It will also take much longer to heal completely and promotes scarring in a new tattoo. Wait until it is fully healed to go back in the sun or a tanning bed and make sure you put on a high quality sunblock. Never put sunblock on a tattoo that is still healing. Wait until it is fully healed before going into the sun.

9 Following all of these simple steps will ensure that you end up with the best result with minimal complications and your tattoo will stay looking bright and beautiful for many years to come.



For further questions not mentioned contact eliskakeris@gmail.com

Saniderm

Removing and Reapplying Saniderm to Your (Now) Partially Healed Tattoo

It's now been 24 hours and you're ready to remove your first bandage and reapply a second:

1 Under warm running water (we always recommend removing Saniderm in the shower), find an upper corner of the bandage and start slowly pulling it back over itself like how you would peel a banana from the top down.

2 Clean the tattoo with warm water and a gentle, fragrance-free product such as our Foam Soap.

3 Pat the tattoo dry with a clean paper towel and allow 5-10 minutes for it to fully air dry.

4 Apply your next Saniderm bandage by repeating the same application steps above.

5 Keep this second bandage on for an additional 3-5 days. Remove if you experience any discomfort and continue open-healing with our collection of Tattoo Aftercare Balms.

Applying Saniderm to Your New Tattoo

With your skin fully prepped, it's now time to apply Saniderm to your new tattoo:

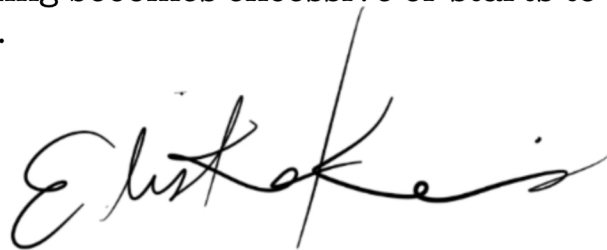
1 Cut the Saniderm bandage slightly larger than the size of the tattoo (including an extra 1-2 inches around all sides).

2 Remove the white paper backing to expose the adhesive side of the bandage.

3 Center and place the bandage gently over the tattoo, massaging it onto the skin from the middle outward.

4 Once the bandage is in place, remove the remaining clear patterned layer, leaving the bandage on the tattoo. We include a "wavy" crease that makes separating this patterned layer from the bandage easier.

5 Keep this first bandage on for up to 24 hours, depending on how much the tattoo site weeps blood, plasma, and excess ink. Fluid will always pool into an "ink sack" underneath the bandage, but if this pooling becomes excessive or starts to compromise adhesion, simply remove and reapply.

A handwritten signature in black ink, appearing to read "Eli Koke". The signature is fluid and cursive, with a long, sweeping underline that extends to the right.

WHAT IS NORMAL? (PIERCINGS)

- Initially: some bleeding, localized swelling, tenderness, or bruising.
- During healing: some discoloration, itching, secretion of a whitish-yellow fluid that will form some crust on the jewelry. The tissue may tighten around the jewelry as it heals.
- A piercing may seem healed before the healing process is actually complete. This is because this type of wound will heal from the outside to the inside. Although it may feel fine on the outside, the interior could still be fragile. Be patient, and keep the piercing clean throughout the entire healing period.
- Once healed: the jewelry may not move freely in the piercing; do not force it. Cleaning your piercings as part of your normal hygiene routine can help them stay clean and avoid having normal, possibly smelly, secretions accumulate.
- TIP: Piercings, even healed ones, can shrink or close in minutes, even after having been there for years! This varies from person to person; if you like your piercing, keep jewelry in—do not leave it empty.

A handwritten signature in black ink, reading "Elise Keri". The signature is fluid and cursive, with a long, sweeping line extending from the end of the name.

WHAT TO AVOID (PIERCINGS)

- Avoid cleaning with *h₂O₂*, hydrogen peroxide, antibacterial soaps, iodine, or any harsh products, as these can damage cells. Also avoid ointments as they prevent necessary air circulation.
- Avoid Bactine[®], pierced ear care solutions, and other products containing Benzalkonium Chloride (BZK). These can be irritating and are not intended for long-term wound care.
- Avoid over-cleaning. This can delay your healing and irritate your piercing.
- Avoid undue trauma such as friction and pressure from clothing, excessive motion of the area, playing with the jewelry, and vigorous cleaning. These activities can cause the formation of unsightly and uncomfortable scar tissue, migration, prolonged healing, and other complications.
- Avoid all oral contact, rough play, and contact with others' bodily fluids on or near your piercing during healing.
- Avoiding things like excessive stress, drug use, excessive caffeine, nicotine and alcohol are suggested as they can prolong the healing process.
- Avoid submerging the piercing in bodies of water such as lakes, pools, oceans, hot tubs, etc. Or, protect your piercing using a waterproof transparent film dressing. These are available at most pharmacies and are ideal for nipple, navel, and surface piercing placements.
- Avoid all beauty and personal care products on or around the piercing including cosmetics, lotions, and sprays, etc.
- Don't hang charms or any object from your jewelry until the piercing is fully healed.

A handwritten signature in black ink, appearing to read "Elise K. S." with a stylized, cursive script.

EAR/EAR CARTILAGE AND FACIAL:

- Clean bedding and pillow cases are important. You can use the t-shirt trick: slip your pillow in a large, clean t-shirt. You can get up to four clean surfaces for sleeping by rotating the pillow and turning the t-shirt inside out.
- Surfaces like phones, headphones, eyeglasses, etc can be cleaned with an appropriate disinfectant. Items like hats, scarves, headbands, etc should be washed regularly.
- Use caution when styling your hair and advise your stylist of a new or healing piercing.
- Sleeping directly on a healing cartilage piercing can cause irritation, even causing shifts in the piercing's angle. Placing a travel pillow, on top of your pillow, and then placing your ear in the opening can be helpful to avoid this

A handwritten signature in black ink, appearing to read "Edistakis". The signature is fluid and cursive, with a long, sweeping horizontal stroke at the end.

NAVEL:

- You can protect your piercing from excess irritation, physical trauma from activities like sports, or tight clothing with a hard, vented eye patch (sold at pharmacies). To avoid irritation from adhesive/medical tape, you can secure it over your piercing using tights/stockings or using a length of elastic/ace-type bandage around your body.

Elisak

CLEANING INSTRUCTIONS FOR BODY PIERCINGS

- WASH your hands thoroughly prior to cleaning or touching your piercing for any reason.
- SPRAY with sterile saline wound wash while healing. Moving or rotating jewelry is not necessary during cleaning/rinsing and may actually irritate the piercing.
- DRY with clean, disposable products like gauze or cotton swabs, gently removing any crusty debris or build up. Cloth towels should be avoided as they can harbor bacteria and snag on jewelry.

A handwritten signature in black ink, appearing to read "E. L. Stokes". The signature is fluid and cursive, with a long, sweeping horizontal stroke at the end.