

## **★TATTOO AFTERCARE★**

☆**CONGRATS ON YOUR NEW TATTOO**☆ Proper aftercare is crucial for healing and preserving your tattoo's beauty. Follow these steps carefully to ensure your tattoo heals well and looks amazing for years to come.

### **★LEAVE THE BANDAGE ON★**

☆If your tattoo is wrapped in normal plastic wrap☆

★**Duration**★ Keep the bandage or plastic wrap on for at least **2-4 hours** after getting the tattoo.

★**Why?**★ This protects the tattoo from bacteria, dirt, and irritation immediately after the procedure.

☆If ur tattoo is wrapped in Derm shield/ second skin (I recommend normal plastic wrap if you work out frequently)☆

★**Duration**★ Keep the bandage on for 2-4 days depending on your activity level- if you see water or sweat trapped underneath the tattoo then you can go ahead and take it off. I recommend at least keeping it on for the first night.

★**Removal tip**★ Similarly to wall command strips (how you have to pull down instead of peel to avoid chipping off dry wall), derm shield is the same concept. Make sure you pull at a 90 degree angle and do not peel as this can risk pulling ink out of the skin. Please do this in the shower under warm, running water.

### **★GENTLY WASH THE TATTOO★**

★**When**★ After removing the bandage, wash your tattoo with mild, fragrance-free soap and lukewarm water. I recommend Cetaphil or Cerevae.

★**How**★ Use your clean hands (no washcloths or anything abrasive) to gently lather and clean the tattoo. Pat it dry with a clean paper towel or let it air dry. Do not rub or scrub.

### **★APPLY A THIN LAYER OF AFTERCARE OINTMENT(FIRST 3-5 DAYS)★**

★**What to use**★ Apply a thin layer of unscented, tattoo-specific ointment to keep the skin moisturized. Avoid heavy or thick creams. I recommend using Aquaphor for the first few days (thin layer!!)

★**When to apply**★ Do this 2-3 times a day for the first 3-5 days.

★**Avoid**★ Products with alcohol, petroleum jelly (it might clog pores) or strong fragrances, as these can irritate the skin.

★★**NOTICE**★★: Red bumps around your tattoo is a sign of over moisturizing/ clogged pores

### ★KEEP IT CLEAN AND MOISTURIZED (6TH DAY AND ONWARD)★

After the first 3-5 days, switch to a fragrance-free moisturizer or tattoo lotion for the next few weeks, applying it 2-3 times a day- I recommend unscented gentle lotions like Lubriderm or baby lotion.

★**Avoid**★ Over-moisturizing; the tattoo should be hydrated, but not overly greasy.

### ★AVOID SCRATCHING OR PICKING★

★**Why**★ Your tattoo will scab and peel as it heals. This is a normal part of the process.

★**Do not**★ pick or scratch the scabs or flakes off, as this can lead to scars, fading, or infection.

### ★KEEP OUT OF THE SUN★

Avoid direct sunlight for at least 4-6 weeks while your tattoo heals.

Once healed, use a broad-spectrum sunscreen (SPF 30 or higher) to protect your tattoo and prevent fading.

### ★AVOID SOAKING★

★**Do not**★ submerge your tattoo in water (such as baths, pools, hot tubs, lakes, etc.) until it is fully healed-usually around 2-4 weeks.

Showering is fine, but keep the tattoo away from direct streams of hot water.

## **★WEAR LOOSE, COMFORTABLE CLOTHING★**

Try to avoid tight clothing or anything that may rub against the tattooed area, especially in the early stages of healing. This will reduce irritation and prevent the tattoo from rubbing on clothing.

## **★WATCH FOR SIGNS OF INFECTION★**

**☆Contact your artist or a healthcare professional if you experience:**

- ✿ Excessive redness or swelling
- ✿ Pus or unusual discharge
- ✿ Severe pain or heat
- ✿ A rash or allergic reaction

## **★LET IT HEAL NATURALLY★**

The healing process usually takes about 2-4 weeks, but full healing can take up to 6 months.

Everyone heals differently, so listen to your body and avoid any activities that cause discomfort.

## **★BONUS TIPS★**

- ✿ Avoid wearing tight, restrictive clothing over the tattooed area during the healing period.
- ✿ Do not shave over the tattoo until it's fully healed.
- ✿ Keep your tattoo out of pet hair and dirt for the first few weeks to prevent infection.
- ✿ I personally like dry healing, sometimes its good to let the tattoo breathe while still moisturized through my own experience!

## **★AFTERCARE SUMMARY★**

- ✧ Keep the tattoo covered for the first few hours.
- ✧ Gently wash and pat dry.
- ✧ Apply a thin layer of ointment for the first 3-5 days.
- ✧ Switch to a fragrance-free moisturizer after the initial healing period.
- ✧ Protect your tattoo from sun exposure.
- ✧ Avoid scratching, picking, and submerging in water.

**Contact me if you have additional questions!**