Linseed Tattoo LLC
321 3rd Ave S #208
Seattle, WA 98104

AFTERCARE INSTRUCTIONS

I will provide you with an adhesive Saniderm bandage to protect your new tattoo (or plastic wrap if you'd prefer). I recommend keeping adhesive bandages on for 1-3 days. Keep in mind your fresh tattoo is an open wound and is the most vulnerable & susceptible to infection within the first 24 hours of application. If we used plastic wrap rather than an adhesive bandage be sure to wash the tattoo 2-3 times daily for the first few days. If I have given you an adhesive bandage, keep an eye out for any indications of adhesive sensitivity and remove immediately should you experience any discomfort.

The Saniderm is waterproof and you are free to shower and move through your regular routine normally with it on, although you should avoid sweating while your tattoo is bandaged. Do not submerge the area in water, both while the tattoo is bandaged and for 4-6 weeks after your appointment. Light exercise is fine after the bandage is removed for the remainder of the healing process but be sure to wash your tattoo right away after sweating and avoid excessive sweat (i.e. sauna, intense cardio, etc.)

Remove Saniderm in the shower or right before showering, working it away from the skin as slowly and gently as possible. Once you have removed your bandage, clean your tattoo with a gentle unscented soap. Wash gently with your hands only, avoid using loofahs or washcloths throughout the healing process. Continue to wash your new tattoo at least once daily with unscented soap. Pat dry with a paper towel. Do not rub, exfoliate, shave, scratch, or peel your healing tattoo. Wear clean, comfortable clothing that allows your tattoo to breathe throughout the healing process and be sure you are washing sheets and towels frequently.

Most tattoos take 2-4 weeks to settle into the skin, and up to a couple of months to fully heal. The tattoo is generally all settled once skin no longer feels or looks dry and is the same texture as the rest of your skin. If the tattoo feels dry/itchy during the healing process you can rub a thin layer of unscented moisturizer onto the clean tattoo. Pick a lightweight dermatologist-recommended lotion that won't stick to your clothes or attract dirt during the healing process. Lotion can be applied a couple of times per day if you'd like but be sure to keep it light so the tattoo is still able to breathe.

Avoid exposing a healing tattoo to sunlight. Do not apply sunscreen (or anything with fragrance) to your tattoo until it is fully settled. The best way to care for the artwork long term is to continue to avoid exposure to sunlight as much as possible. A high SPF mineral-based sunscreen (i.e. zinc or titanium) will protect your tattoo best should you ever have the healed tattoo exposed to the sun.

Please email me if you have any further questions regarding the healing process, if you would like to schedule a free touch-up. I also welcome healed photos via email at any time.