

## Tattoo Aftercare Guide

\*It's important to remember that your skin is the largest organ on your body. Tattoos are a large open wound and need to be taken care of as such.

\*If you have any concerns or questions during the healing process please don't be afraid to message me with questions.

### Non sanaderm users

#### instructions-

- Leave cling wrap bandage on for **1-2 hours or until you get home.**
- Thoroughly **wash hands before** touching your tattoo.
- Gently wash your tattoo with warm water and **unscented antibacterial soap.** (fragrance is alcohol and can irritate your skin and cause a burning sensation)
- Pat** dry with a **paper towel** or **air dry.** (re-usable towels carry bacteria you don't want to risk that on an open wound nor do you want to get blood on your hand towels)
- If needed** moisturize with unscented water based lotion. If you naturally have oily skin or are prone to breakouts **id recommend not moisturizing for the first 24 hours.**

\***Please do not use** aquafor, a&d ointment, vaseline, neosporin, or anything of that nature on your tattoo. Petroleum jelly pulls out the ink and messes with the healing process. It is also so thick and doesn't melt into the skin well. If your tattoo is wet for a prolonged period it can attract bacteria to grow and over-moisturize the tattoo causing breakouts.\*

**\*if the bottle says dont use on a open wound do not put it on your tattoo\***

-Continue washing 2-3x daily for 2 weeks.

-After 24 hours (or immediately after first wash if needed) apply unscented lotion. Apply when tight, dry, itchy, etc. Use small amounts. Do not apply thick layers.

\* Be cautious not to over moisturize your tattoo. It is more harmful than under moisturizing. If you develop pimple looking white heads on your tattoo you are using too much moisturizer\*

(please view important notes at the end of PDF)

## Saniderm Users

\*Some people have **allergic reactions** to **medical grade adhesive**. If your tattoo gets abnormally red, overly itchy, starts burning, etc. immediately remove the saniderm and wash your tattoo with unscented antibacterial soap.

**\*I use the brand Derm-Sheild**. It is **latex free** but some people still have reactions. If you are unsure about trying it I can give you a small patch to use on skin that's not being tattooed as a test patch.

### Instructions-

- Leave your adhesive bandage on for **3-5 days** \*if your tattoo ever becomes exposed by the saniderm lifting or getting scratched remove it early\*

\*Please note saniderm is water resistant but not water proof. Please do not soak in water\*

- **Remove in the shower**. When removing gently pull at the edges **parallel** to your skin. The goal is to stretch the saniderm off your skin. This gently breaks the adhesive. (same as removing a command strip off a wall). Do not pull the saniderm upwards or back onto itself; this will just hurt.

-Gently wash your tattoo with warm water and **unscented antibacterial soap**. (fragrance is alcohol and can irritate your skin and cause a burning sensation)

-**Pat** dry with a **paper towel** or **air dry**. (re-usable towels carry bacteria you don't want to risk that on an open wound nor do you want to get blood on your hand towels)

-Moisturize with unscented **water based** lotion. Apply when tight, dry, itchy, etc. Use small amounts. Do not apply thick layers.

\* **Be cautious not to over moisturize your tattoo**. It is more harmful than under moisturizing. If you develop pimple looking white heads on your tattoo you are using too much moisturizer\*

**\*Please do not use** aquafor, a&d ointment, vaseline, neosporin, or anything of that nature on your tattoo. Petroleum jelly pulls out the ink and messes with the healing process. It is also so thick and doesn't melt into the skin well. If your tattoo is wet for a prolonged period it can attract bacteria to grow and over-moisturize the tattoo causing breakouts.\*

**\*if the bottle says dont use on a open wound do not put it on your tattoo\***

-continue washing your tattoo 2-3 times a day and moisturizing as needed for 2 weeks.

## **IMPORTANT NOTES**

(read this please)

-Your tattoo will begin peeling around the week mark, **do not pick!** Picking tattoos will cause scabs to prematurely fall off. New scabs will form and this can pull out tattoo ink and prolong the healing process. The more solid ink in the tattoo the more it will peel.

**-No itching your tattoo. Sorry!!** I know it sucks. Give it a good wash and apply moisturizer when it gets too much to handle. Gently slapping or patting the tattoo can also help.

**-No swimming/submerging in water or tanning for the first two weeks.** Water introduces bacteria and sometimes chemicals into your tattoo and blood stream. Water also pulls out moisture dehydrating your skin. Have you ever sat in the pool or hot tub too long and your fingers get all wrinkly? Yeah.. we don't want that happening to your new tattoo.

**-When healing your tattoo, remember less is more!** Too much moisturizer and your tattoo can't breathe. You never want your tattoo to look wet, as this will prolong healing. Complete healing time is around a month so make sure to take care of your tattoo and

yourself the entire time. If you're unsure about aftercare or have any questions, don't hesitate to ask or send photos.

**-Avoid sun exposure!!** This can prematurely fade your tattoo. If you are using saniderm it can also cause the adhesive to get too sticky and be painful to remove/ leave a residue

**-No gym.** I know I'm sorry, at least wait 2 weeks. Gyms are a breeding ground for bacteria. You're increasing your chances of infection. Your body also needs time to heal and rest. You can also cause stretch marks from excessive swelling and ruin your new tattoo:(