

## **Care instructions for your new tattoo:**

Remove bandage after 3 to 4 hours right before cleaning.

Do not re-bandage after cleaning. Wash gently by hand then blot dry with a clean towel / or clean paper towels

\*Wash your hands before cleaning, touching, or putting lotion on your tattoo. Be gentle, do not use a washcloth or anything that will exfoliate your tattoo. Only use your clean hands.

### **First 2 days:**

Gently wash by hand 2 to 3 times per day with a mild soap such as baby soap, Baby Dr. Bronner's, or an Anti-bacterial soap (Dial) and water. Try to use a soap that is fragrance free, alcohol free, and for sensitive skin.

After washing pat dry with a freshly cleaned towel or paper towels. Do not rub, only pat or blot dry.

\* wash at least once daily while tattoo is healing

### **Starting on day 2:**

Apply a scent free lotion 2 to 4 times per day. Rub into skin completely, being careful to not use too much, if needed pat excess off with a paper towel.

Recommended lotions: Currel Fragrance Free lotion, Lubriderm Fragrance Free lotion, and Aquaphor Healing ointment.

For natural healing: Shea Butter and Cocoa Butter.

Do not use excessive amounts of lotion.

Do not use petroleum jelly or Vaseline.

If a scab forms do not pick it, let it fall off naturally.

Tattoos go through a "peeling" stage, dry skin flakes off the new tattoo; this is part of the healing process.

After the tattoo has healed hand lotion can be used to keep the tattoo looking bright, keeping the needed moisture in the skin.

Direct UV rays and sunlight will fade tattoos, for the first 2 weeks do not expose your new tattoo to direct sunlight. After the 2 weeks use a high numbered SPF sun block to avoid future fading.

Over time with aging the pigment will change.

**If persistent redness, fever, or rash occurs contact your artist, a doctor, or the shop immediately, these can be signs of an infection.**

### Things to avoid:

- Do not touch your tattoo with unwashed hands.
- Do not pick, scratch, peel, slap, rub or irritate your tattoo.
- Clean water while washing is good for your tattoo. Lake, river, ocean, chemical treated, or shared water are not good for the first two weeks.
- You may not expose your tattoo to the sun for at least two weeks, after that you must use sun block.
- Do not wear abrasive materials, jewelry, or shoes that rub against your tattoo.
- Do not let anyone touch your tattoo, unless they wash their hands.
- Beware of dirty gym equipment, dirty surfaces, or surfaces (couches, beds) where pets lay.
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### You can also:

- Take Ibuprofen for the swelling.
- Elevate your tattoo, to reduce swelling.