

# TATTOO AFTERCARE

1. Leave bandage on for a minimum of 2h, maximum of 24h.
2. When you take off your bandage, wash your tattoo with regular soap and warm water, do not apply soap directly to tattoo, make foam in hands and then proceed. Get in the shower for large tattoos, a sink is fine for smaller tattoos. Be gentle with your new tattoo, but not so gentle that discharge remains. Washing off all the plasma until your tattoo is impeccably clean is very important for healing.
3. Rinse your washed tattoo with cool water, pat with paper towel or air dry, do not rub.
4. You can gently blot your tattoo as it leaks or develops more plasma over the first 3 days of healing, with a damp clean paper towel.
5. I highly recommend the use of Aquaphor for healing. Aquaphor is a very thick and moisturizing ointment intended for burns, it heals tattoos twice as quickly as dry healing. If you are using Aquaphor always use the littlest amount possible, as days go by you use less and less. If you are using Aquaphor, it is very important you do not always have it on your tattoo, half dry and half moisturized is ideal, so typically I allow my tattoos to dry out during the day and Aquaphor them overnight. Do carry the Aquaphor with you, if your tattoo feels tight, apply a very very thin layer on.
6. Keep tattoo covered with loose breathable clothing while healing, do not rebandage unless required to do so. (I will let you know when this is necessary.)
7. You can use a mild skin lotion after the first 5-7 days. Wash your hands 1<sup>st</sup>, apply sparingly. Again, important to have dry times and moisturizing times.
8. Wash tattoo daily, always briefly, too much water or steam isn't ideal.
9. For swollen tattoos, ice will help reducing swelling if necessary (Mostly for sensitive areas such as joints, hands, feet or for black outs). Make sure you put a clean cloth in between the ice pack and skin, do not over-ice. Anti-inflammatories are good too for the first couple days.

## THINGS TO AVOID WHILE HEALING:

1. Too much touching your tattoo with your hands. This is an easy bacteria transfer and **the most common cause of infection** and poor healing.
2. Also avoid contacting your tattoo with ledges, countertops, public washrooms, keyboards, etc. (Avoid direct sun (or tanning), soaking, hot tubs, pools, saunas, polysporin, soaps or lotions with too many fancy ingredients, excessive sweating, dirty gym equipment, sunscreen, other peoples hands.)
3. Scratching, picking, peeling, irritating or restrictive clothing on the tattoo area will result in poor healing.
4. Avoid scraping your tattoo through sleeves or having the waistline of your pants, undergarments, etc constrict the healing tattoo.
5. Be aware of animals and children as they're always on the ground.
6. If its super itchy or peeling, apply a thin layer of Aquaphor or cool it off with cold water or a cold cloth and it should soothe the spot. Do not pick!

## HEALING HINTS:

Less is more!

\*Keep it clean\*

\*Leave it alone\*

Keep area cool, eat well, sleep well, drink lots of water. After a long sitting, your body will require time to recharge!

**After Healing:** use strong sunscreen if in the sun, or better yet clothing that covers your tattoo. Sun is now your biggest enemy as it will make your tattoo fade considerably faster if you get very sunburnt. This is specially applicable for fine lines and colour tattoos. Moisturizing your tattoos regularly with a simple moisturizer (coconut oil works too!) is also a great idea.