

# Tattoo Aftercare

There is no “ONE WAY” to care for a tattoo. It varies based on each individual body type and the way in which the body heals itself. In addition, lifestyle is equally impactful on healing a tattoo. So we suggest taking your multi-vitamin (if you take one), eating healthy (your fruits and veggies) and getting a good night's sleep!

It is normal to experience some pain, burning, stinging, redness, swelling, seeping fluid, and tightness of skin within the first 7-10 days of getting your tattoo. However depending on health, environment, body part, size and amount of tattoo work done, that time can be shorter, or longer! For example, feet can easily take longer due to movement, rubbing against socks/shoes/sandals, and the natural flow of the body's blood and lymph systems. Pay attention to your body and what it needs. If you have a question or concern, contact us immediately! Waiting even just a day or two can make a big difference!

It is extremely important to follow the aftercare instruction your artist has given you. ALWAYS consult with your artist prior to changing the instructions or trying something different that you've read on the internet or heard from a family/friend/another artist/etc. Your artist is a professional who knows what you are going through, and how to help you if needed.

If your tattoo is currently wrapped with tatu-derm, please read instructions on how to remove the wrap [here](#).

## **Tattoo care:**

ALWAYS wash your hands BEFORE and AFTER touching your tattoo! A tattoo is like an open wound, so you want to keep it clean and from becoming dry and scabby. Moisture is necessary in the body's healing process!

- Wash your tattoo once daily with an anti-microbial soap. Additionally wash your tattoo if it gets dirty or after work/exercise/activities that produce sweating. Wash your tattoo LAST when showering. Your tattoo should feel smooth after washing it. If it feels slick/slimy/goosey gently apply pressure and rinse until it feels closer to normal.
- Upon exiting the shower, DO NOT dry your fresh tattoo with your towel. Pat dry with a clean paper towel and allow tattoo to air dry for 3-5min.
- Apply a light coat of tattoo aftercare ointment 3-5 times daily. It will differ for each individual body. It's important to not use too much ointment as it will clog pores and potentially cause a breakout. It's also important to not use too little, as drying out will cause scabbing, cracking and possible bleeding of the tattoo and may cause permanent damage to the tattoo.
- As your tattoo begins to heal it may itch, flake, peel or scab. DO NOT itch, pick, scratch, scrub, rub, or exfoliate the tattoo as that could lead to scarring, bleeding, and further damage to the tattoo.
- Closely follow this procedure for the first 2-3 weeks of healing. You may be able to decrease the amount of times you apply ointment based on how quickly you heal. You know your body, use less or more as it needs it. It takes 4-8 weeks for a tattoo to heal.

- Once the tattoo appears healed, there are still some healing processes going on underneath the tattoo. We suggest using a natural fragrance free lotion on the tattoo to keep the skin moisturized, looking and feeling good.

### What not to do:

- DO NOT touch tattoo with dirty hands, towels or clothing.
- DO NOT let the tattoo dry out.
- DO NOT oversaturate with ointment.
- DO NOT soak in bath, hot tub or go swimming (pool or ocean).
- DO NOT use Neosporin.
- DO NOT wash with scented soaps or body washes.
- DO NOT expose to direct sunlight or tanning.
- DO NOT use sun block on a healing tattoo! (After healing ALWAYS use sunblock on your tattoos!)

We have noticed on a few clients once the TATU-DERM was removed within 1-3 days a small itchy rash will develop AROUND the tattoo but not ON the tattoo itself. It tends to happen when the pores of the skin are more open, and are exposed to more of the adhesive. Therefore, we suggest removing the TATU-DERM prior to any activity or exercise that will cause sweating. If a rash does occur, DO NOT SCRATCH it, just continue to care for your tattoo as normal and wash the rash with the anti-microbial soap once daily until gone.

If you have any questions or concerns about the healing of your tattoo, please COME INTO the shop. It's helpful to see your question/concern IN PERSON, that way we'll be able to more effectively help you!