

Tattoo Aftercare Instructions

(DAY 1-3) 1. Wash your tattoo once daily (quickly) with water, a mild antibacterial soap, and a clean hand. Your goal is to remove dried blood and plasma for a smooth surface. Pat dry with a CLEAN paper towel - DO NOT RUB.

2. After washing your tattoo let dry in a cool area for 15 minutes before applying a very thin layer of **"Aquaphor" or Provided** Ointment (should not look shiny or wet after application). Apply ointment as you would lotion (remove the excess)

(DAY 3-4) 1. After a final wash w/ no ointment, discontinue washing and ointment and let the tattoo dry out all day.

(DAY 5-30) 1. Apply a non scented **Vitamin E** moisturizing lotion 1-3 times daily -This will help with your healing, keep your tattoo from getting too dry and keep the itching down.

Throughout the entire healing process:

DO NOT: Expose your tattoo to direct sunlight.

DO NOT: Exercise or sweat

DO NOT: Let your tattoo to dry out too much (can lead to cracking).

DO NOT: Soak in water. This means no swimming or baths. Showers are fine, but try not to let your new tattoo stay wet.

DO NOT: Scratch or pick

DO NOT: Apply gauze or bandages for any reason.

DO NOT: Wear tight or abrasive clothing

DO NOT: Sleep on your tattoo

More Tips:

- A cool dry environment is best while healing
- Light slapping can be used as a scratching alternative
- Take a vitamin c supplement during healing to boost your immune system.
- Wash all bed sheets thoroughly before going to bed with your new tattoo. Also, avoid touching your tattoo on any surface during the first week
- The more rest the better

THESE INSTRUCTIONS ARE VERY IMPORTANT TO THE HEALING PROCESS OF YOUR NEW TATTOO. HOW IT LOOKS FOR THE REST OF YOUR LIFE IS UP TO YOU NOW. THANK YOU!

