

## AFTERCARE INSTRUCTIONS

Congratulations on your new tattoo! I know this is a lot of information, but proper aftercare is crucial to ensure the best healing and longevity of your artwork.

**Please follow these guidelines carefully:**

### IMMEDIATELY AFTER YOUR APPT.:

- 1 I have applied a Dermshield bandage to your tattoo which should **stay on for 3-7 days**. This bandage creates a protective barrier & promotes a good healing environment.

While the bandage is on, watch for excessive fluid buildup, redness, or discomfort. Keep the bandaged area dry and clean. Be cautious during showers, and avoid direct water streams on the bandaged area.

### WHEN IT'S TIME TO REMOVE IT:

- 2 First, **hop in the shower**. Removing the Dermshield is much easier with the help of steam, so avoid taking it off when dry.
- 3 Run luke-warm water over your tattoo to dampen the wrap. With clean hands, **slowly remove the bandage**. You may see some ink transfer to the bandage as you peel it up — this is normal!
- 4 **Wash the tattoo gently** with lukewarm water & mild, fragrance-free soap. Pat dry with a clean paper towel.
- 5 Apply a *very thin layer* of a recommended **aftercare ointment or gentle unscented lotion**. You want just enough to keep a slight bit of moisture present.

### ONGOING CARE:

- 6 Wash the tattoo **2-3 times a day for the first week**, then reduce to once a day until fully healed.
- 7 **Keep moisturized**, applying a small amount of lotion as needed to prevent dryness. *Do not over-moisturize*. Wear loose, breathable clothing to allow the tattoo to breathe.
- 8 Once the tattoo is fully healed, it is crucial to **apply SPF 30+** to your tattoo whenever sun exposure is possible. This will help your tattoo maintain its appearance for as long as possible.

### HEALING TIMELINE

It typically takes **2-4 weeks** for the surface of the tattoo to appear healed, but deeper skin layers may take longer. If you think a touch up may be needed, reach out after the healing process is complete and we can discuss. It's important to remember that healing varies by individual. If you notice signs of infection (excessive redness, swelling, or pus), or if you have any concerns, consult a healthcare provider promptly.

### WHAT TO AVOID!

#### X SCRATCHING

No picking or scratching at scabs or peeling skin.

#### X STRENUOUS ACTIVITIES

Avoid strenuous activity for at least a week. In the beginning of the healing process, strenuous exercise and stretching of the area can cause the ink to spread out from its original placement, leading to a blurred appearance.

#### X SWIMMING/SUBMERGING/SOAKING

Submerging a fresh tattoo in water can introduce bacteria, heightening infection risk, and may cause the ink to spread or leach out, resulting in a tattoo that heals with less clarity and vibrancy.

#### X SUN EXPOSURE

Sun exposure can not only cause tattoo ink to fade, but it can degrade collagen in the healing skin, compromising both the tattoo's integrity and the skin's ability to heal smoothly.

#### X SWEATING

Heavy sweating can irritate a fresh tattoo and potentially cause the ink to spread or not settle properly. It can also increase the risk of infection, which can affect how the tattoo looks once it's healed.