



Aftercare for Tattoo

KEEP IT PROTECTED

Your new tattoo is an open wound and requires some maintenance for optimal results. There are many ways to care for a new tattoo and it varies from person to person. We recommend the following aftercare.

If you are bandaged after your tattoo, leave the bandage on for 2-3 hours. Remove your bandage in a clean environment with clean hands. You may elect to keep the bandage on for the first night of sleep. If you choose to do this, make sure you sleep on clean sheets, a clean cotton shirt, or a clean towel. Expect to stain whatever you sleep on with your fresh tattoo as it will sluff off some of the ink and light bleeding throughout the first few days.

WASHING

Wash your new tattoo twice a day with a mild cleanser or soap. Carefully follow these step-by-step instructions:

1. Wash your hands with your cleanser and hot water before you wash your tattoo.
2. Gently rinse your tattooed area with mildly warm water. The temperature will feel much hotter than regular. Adjust to a comfortable level.
3. Apply a small amount of your cleanser to your tattooed area and gently wash. Use a light touch. You are just washing off any surface bacteria.
4. Carefully rinse the soap away, and blot dry with a clean paper towel.
5. Apply a thin layer of appropriate ointment. Gently wipe any excess ointment with a clean paper towel.

* If you are washing in the shower, clean your tattoo last to rinse away any soap or shampoo

that could get into your new tattoo. Tip - Ease your way into the flow of water from your shower. The water will feel much hotter on your tattoo than on the rest of you.

* After the initial 4-5 days, or when your tattoo is no longer scabby, lubricate your tattoo with a mild hand or body lotion 2-3 times daily. This will help reduce itching from the dryness of the healing skin.

Do not hesitate to contact us if you have any questions or concerns.

Aftercare Products

For all new tattoos we recommend you wash your jewelry twice a day for the length of the healing. A mild liquid soap or a castile soap is strongly recommended followed by a mild healing ointment.

- **Castile soaps** are available at your local health food store. Body Manipulations carries [Dr. Bronner's Baby Mild Castile Soap](#).

- **Healing Ointments** should be applied to help protect and moisturize your tattoo for at least the first 4 to 5 days. Use an ointment that you are not sensitive to. Body Manipulations carries [Dr. Bronner's Magic Balm](#).

Do Not Use

Table salt, Epsom salt, rubbing alcohol, hydrogen peroxide, Witch Hazel, Sea Breeze or any harsh cleaning products.

Do NOT apply any sunblock to your tattoo until it is well healed.

Things That Help

Keep It clean - Your overall cleanliness will greatly affect your new tattoo. Never touch your, healing tattoo with unwashed hands. Use a clean paper towel to pat dry your freshly washed tattoo Instead of a bath towel. Wear clean clothing, and use clean sheets or a fresh towel to sleep on.

Be healthy- You, overall health will affect: your healing process. Eat balanced diet, avoid stress, and get plenty of rest during your healing process.

Go gently - Allow the tattoo to breath and stay dry yet lubricated. Don't overdo it with excessive ointment or lotion. Don't keep it covered with any bandage or dressing. If clothing is worn over your tattoo, try to keep it light and breathable.

Things That Can Harm

Scratching and picking - this will greatly damage your new tattoo! Allow the scab to come off on Its own.

Swimming and soaking - Regular bathing is fine but avoid long soaks until your tattoo is healed. Hot tubs, freshwater lakes, and swimming pools carry large amounts of harmful bacteria and should be completely avoided.

Sun Exposure - Do NOT apply any sunblock to your tattoo until it is well healed. This is a sure way to irritate your new tattoo and can lead to infection. Keep your tattoo in the shade. Direct sun will burn and can fade the ink immediately. After your tattoo is healed, limited sun exposure and strong sunblock will reduce fading of the inks of your tattoo.

The use of recreational drugs will slow down your healing process.

Do not take aspirin as a pain reliever during the first few days of healing as it can promote bleeding. Ibuprofen (Motrin, Advil) Naproxen Sodium (Aleve) or Acetaminophen are alternatives.

Avoid drinking alcohol for the first 7-10 days as it can promote bleeding and increased swelling.