

TATTOO AFTERCARE INSTRUCTIONS

Days 1-5: Leave Plastic Covering On!!!

- DO NOT remove the plastic covering from your tattoo for at least 4-5 days!! This covering will help get you through the worst parts of the healing process for your tattoo with minimal effort.
- There will be ink, fluid, and goo looking build up under the plastic wrap for the next few days. This is completely normal! DO NOT take the plastic wrap off!! Let the tattoo do its thing
- DO NOT puncture holes or lift up the edges to let fluid build up drain, the fluid is white blood cells that are needed in healing the tattoo properly with the plastic wrap on
- **Allergy To Plastic Wrap:** If you have an unusual amount of redness, itching or rash around the plastic wrap please remove the plastic wrap using the steps below
- **OOPS!!! I Took Off my Plastic Wrap Instructions:** If this happens please use an Ointment or Tattoo AfterCare Balm for the first 5 days after washing instead of Lotion. Apply a thin layer to entire tattoo. Never apply on a damp tattoo! Do this for the first 5 days, then follow steps below
- **Ointments/Balms Okay To Use:** A&D Ointment, Aquaphor, Hustle Butter, or other Tattoo AfterCare

Day 5: Remove Plastic Wrap

- Yay you made it through the gross phase! Time to remove the plastic wrap
- To remove wrap, place tattoo under warm water (sink or shower) and gently lift up the edges using the water to help free it from the skin. Gently pull until the entire wrap is removed. Once removed begin washing tattoo using the steps below
- If you took off the wrap too early please follow Ointment instructions listed in the first section before moving on to the lotion phase at days 5-10

Days 5-10: Wash & Moisturize

- Wash tattoo with a mild antibacterial soap morning and night for the next 5-7 days
- **Soap's Okay To Use:** Dial Soap, Diluted Dr. Bronners, Unscented Baby Soap or Cetaphil
- Pat dry with a paper towel or clean bath towel
- Moisturize tattoo with a mild unscented lotion after each wash for the next 5-7 days
- **Lotion's Okay To Use:** Lubriderm, Aveeno, Unscented Baby Lotion, Other Tattoo AfterCare
- Rub moisturizer in a circular motion until completely absorbed into the skin
- This is okay to re-apply a third time in the middle of the day if needed for dryness

Important Reminders

- Let any scabbing or dry skin naturally exfoliate away. Picking can cause scarring or color loss
- Avoid hot, sweaty exercise for 1 week
- Avoid direct sun exposure or tanning for 4 weeks after procedure.
- Avoid swimming, hot tubs, baths, and saunas for the first 10 days
- Avoid topical makeup or sunscreen to the area until healing is complete
- DO NOT rub, pick, or scratch the treated area

Have Questions?? Be sure to contact me!