

CONGRATULATIONS ON YOUR NEW TATTOO

The following aftercare instructions are based on many years of experience. They are provided to inform our clients on how to best care for their tattoos during the healing process. The process of healing a tattoo properly begins the moment a proud new tattoo owner walks out of the parlor. The first few days of the tattoo healing time line are critical to promote healthy healing and life-time preservation of the permanent ink artwork on your skin.

HEALING YOUR TATTOO

The first 24 hours after having your tattoo done are the most precarious time for infection. Please follow these instructions carefully:

1. Leave your bandage on for at least **six hours**.
2. Before removing your bandage, thoroughly wash your hands with hot soapy water. Slowly remove the bandage and gently wash your tattoo with your fingertips.
3. Gently wash until all residues from the ink, plasma and ointment are gone. With a damp paper towel or tissue, carefully pat or dab the tattoo until dry. Towels and face cloths are **not** recommended as they contain bacteria or small fibers that may cling to the tattoo.
4. Let the tattoo air dry for a few minutes and then apply a very thin coat of after care cream. Gently massage the area with small circular motions. **Important:** you only need a small amount of the ointment; just enough to make the tattoo barely glisten.
5. Re-apply the ointment very sparingly, no more than 3 times a day, just enough to keep the tattoo slightly moist.
6. When a scab or crust forms (typically around 5-7 days), you may stop using the ointment and begin to use a basic non-fragranced body lotion; such as Keri or Baby's Own, or our personal favourite, Vitamin E Cream or Glaxal Base. Please avoid oils (i.e. Vitamin E oil), no gels (i.e. Aloe-Vera gel) as these topical prevent oxygen from getting through to the skin and healing the tattoo.
7. While healing, wear loose soft clothing in the area of the tattoo. Do not sleep on the side that you have been tattooed on.
8. **What does a healthy healing tattoo look like?**
A healthy, healing tattoo looks sore and a bit red - this is normal. Receiving a tattoo is similar to having minor surgery, please understand that your new tattoo is a wound.

In order for a tattoo to be permanent, the tattoo artist had to get through three layers of skin. This is the same as a series of small scratches in the skin. Expect the healing process of a tattoo to be similar to the healing process of road rash.

Healing stages of tattoos / Tattoo healing timeline:

Tattoo Healing Timeline - Week 1

During the first week you may experience sunburn-like sensations in your newly-tattooed area. You may also experience some minor swelling and discomfort. Over-the counter pain relievers can help to alleviate some of this discomfort.

Tattoo Healing Timeline - Week 2

Your new tattoo may start to peel and flake. The area of your new tattoo may also feel dry and itchy. Do NOT scratch your new tattoo or pick any scabs! Instead, you may gently pat or slap your tattoo, or scratch around the outside to alleviate itching. You can also place ice **around** the tattoo. Do NOT put ice **on** your tattoo.

Tattoo Healing Timeline - Week 3

By now, most of the scabbing on your new tattoo will be gone. You can now put any good, non-scented/fragrance free lotion on your tattoo (such as Lubriderm, or Glaxal Base). The area may still be sensitive as your skin continues to heal completely.

TATTOO TIPS

- If fabric, such as clothing or bed sheets, is stuck to your tattoo **DO NOT** try to pull it off. **DO** go into the shower with whatever is stuck to you and gently shower the whole area to loosen the fabric and gently remove it from the tattoo.
- **DO NOT** expose your new tattoo to direct sunlight while healing, and **DO NOT** get it sun burnt. **DO** keep your tattoo covered from sunlight until it is completely healed. At that point, it is recommended that you cover the tattoo with high SPF sun block. **DO** protect your tattoo from sunlight even after it is done healing. This keeps the tattoo looking good for a longer period of time.
- **DO NOT** expose your new tattoo to chlorinated water in pools, hot tubs or saunas.

TATTOO HEALING DO'S AND DON'TS

Do NOT put ice on your tattoo
Do NOT apply Vaseline to your new tattoo
Do NOT apply alcohol to your new tattoo
Do NOT swim, or soak in the tub, for at least 2 weeks
Do NOT get your new tattoo sun burnt
Do NOT scratch or pick at your new tattoo
DO use quality tattoo aftercare products

DO NOT PICK OR SCRATCH YOUR NEW TATTOO. SLAP IT GENTLY IF IT ITCHES. IF YOU FIND THAT YOU SCRATCH IT DURING THE NIGHT, WEAR A PAIR OF COTTON GLOVES (OR SOCKS) AT BEDTIME.

OUR WORK IS GUARANTEED AS LONG AS THE AFTER CARE INSTRUCTIONS HAVE BEEN FOLLOWED. YOUR TATTOO IS THERE FOR LIFE. PLEASE TAKE CARE OF IT.

HEALING A TATTOO PROPERLY

It is critical to carefully follow the aftercare instructions provided for your new tattoo. Properly caring for your tattoo is key to healing successfully and will prolong the visual appearance of your tattoo.

Receiving a tattoo is similar to having minor surgery. Care must be taken to keep the area as clean, and germ-free, as possible. Ensure that your clothes, *and sheets*, are also clean.

Do NOT pick at your tattoo. While the newly tattooed area will get itchy, scratching will only prolong the healing process of your tattoo.

Our shop has done everything we can to ensure that your tattoo is as sterile as possible when leaving our shop. Please follow the advice of your artist and this aftercare sheet, we have done our best to give you the tools you'll need to heal your tattoo properly and safely up to this point, now that responsibility falls to you.

THANK YOU FOR CHOOSING SANDRA'S INK! IF YOU HAVE ANY QUESTIONS OR CONCERNS ON ANY STEP OF YOUR HEALING PROCESS, PLEASE CALL *US* (NOT YOUR FRIENDS) 250-729-3909