

## Aftercare Instructions

### Bandage

- Leave your bandage on for at least 24 hours.
- If you received a Derm-Shield or second skin bandage, you may leave it on for a few days, but no longer than 5. I usually remove mine around 3-4 days.
- Derm-Shield is waterproof, so you can shower with it on. Please be careful to check for any standing water inside the bandage, as this can lead to infection. If there is water in your bandage, remove the bandage and dry your tattoo.
- When you remove your bandage, it is best to do so under warm running water (shower) by pulling the bandage away from your skin (as opposed to peeling like a band-aid).

### Cleaning

- Once the bandage is removed, it is best to begin your cleaning routine immediately.
- Clean your tattoo 2-3 times a day depending on your activity level.
- Use any fragrance free soap (Dial, Cetaphil, etc;) as scented soaps can cause pain and itching sensations.
- Clean your tattoo by gently lathering the soap onto the tattoo area with your hands.
- Do not use a loofah or any other kind of scrubber.
- Gently pat the tattoo area dry with a clean paper towel when you're done.

### Moisturizing

- Aside from cleaning, moisturizing is a big key to a successful tattoo heal.
- You will want to moisturize 2-3 times per day. I usually do so after cleaning my tattoo.
- I recommend using Aquaphor for the first 2-3 days after removing your bandage, then switching to a gentle body lotion/moisturizer (Cetaphil, Aveeno, Gold Bond) for the remainder of the heal.
- You should always be applying a thin layer of moisturizer. Too much moisturizer, specifically Aquaphor (which is very thick) can clog your pores and prolong the heal.

### Notes

- During your heal, avoid excessive exercise/sweating, prolonged sun exposure, and submerging your tattoo (baths, swimming, saunas, etc).
- Your tattoo may itch/form scabs. Do not pick at it, scratch it, or rub it on anything.
- A tattoo can take any amount of time to heal, depending on your skin. Please follow these instructions for at least two weeks, but ideally for a month.
- Dry skin and excessive UV exposure will age a tattoo over time, so to ensure your tattoo lasts, continue to moisturize often and make sure to always put sunscreen over your tattoo when going out in the sun.