

Aftercare Procedures

Quick Checklist:

- Keep it clean! Clean sheets, clean towels, clean clothing.
- No soaking!
- No friction.
- No hard exercise for as long as you can wait, but particularly in the first 72 hours.
- Watch out for pet hair, as well as human hair.
- If something happens that may contaminate your tattoo, please wash your hands and wash your tattoo (this can include sneezing/coughing on your tattoo, bumping into something with your tattoo, accidentally touching/scratching your tattoo, someone else touching your tattoo, etc.).
- Call with any questions you have! If I don't answer, please leave a message and I will get back to you as soon as I possibly can.

Please keep in mind that following simple aftercare instructions is the best way to ensure your tattoo heals properly. Two weeks of mindful care should result in a lifetime enjoying your tattoo.

After we finish your tattoo, we will apply a generous amount of Flora ointment and a bandage. The bandage is in place to keep you from contaminating uncontaminated areas with your fresh wound and to provide a barrier between your new tattoo and infectious materials you may encounter. Keep the bandage on while you are out and about, but be sure to get home within 1-2 hours so you can remove your bandage and let your tattoo breathe. Air is the best thing for your new tattoo, but we would prefer you keep the bandage on until you are in a safe place to clean it. Once you get home, clean your tattoo with mild soap and water, clean your sheets, and kick your pets out of bed! Pet hair is the quickest route to infection for most of us.

When you clean your tattoo, make sure you wash your hands first, then using only your hands (no washcloth, loofah, etc.), gently but thoroughly wash your tattoo, rinse it, and either let it air dry or use a freshly cleaned towel or freshly opened paper towel to blot off the water.

For the first 12-24 hours it is best to let your tattoo dry out a bit. Keep the area clean with mild soap and water washing 2-5 times in the first 24 hours, depending on your own healing process. The tattoo will leak white blood cells ("weeping") and this is the substance that will try to form a scab. If you can clean the white blood cells off your tattoo before they harden, you can avoid scabbing. If you do have bits harden, do not pick them. You can try to moisten them in a hot shower, but the best thing to do is wait for them to slough off on their own.

After the first 12-24 hour period, you should notice your tattoo feeling tight. Once you feel this tightness, apply a small amount of Flora to your tattoo after washing. Make sure to use a clean Q-tip or other object to get Flora out of the container, rather than using your fingernail. Use Flora when needed until your tattoo has stopped flaking (it is normal to see "flakes" come off your tattoo after a few days). Once again, air is the best thing for your tattoo, but since Flora does not use petroleum products, you can use it more liberally than a petroleum-based product. After this initial healing stage, you can switch to any moisturizer of your choice; just try to avoid alcohols and chemicals as they can be irritating to the skin, and can thus cause difficulty healing or

increase the length of healing time. DO NOT use products that hasten the healing process like Neosporin or Aloe Vera as they will push ink out of your skin.

Your tattoo should be healed within two weeks, though this can vary between individuals and according to tattoo size and time under the needles. Until your tattoo is fully healed, please avoid soaking your tattoo. Soaking includes, but is not limited to: pools, hot tubs, saunas, steam showers, hot yoga, sweat lodges, oceans, rivers, puddles, and lakes. Please avoid possibly contaminated areas such as public showers; tanning; intense physical strain resulting in excessive perspiration; tight clothing; and clothing that rubs against the tattoo. Treat your tattoo kindly for these two weeks, and it will be the best it can be for the rest of your life. Sweating and friction will both help your body remove more ink from your body, resulting in a lighter tattoo when it's fully healed.

If you are ever concerned with your tattoo healing, or if you have any questions about the process, please do not hesitate to call us. If you are concerned your tattoo is infected, we urge you to speak with a doctor, but we also ask that you contact us so we are aware of the situation. If any area of your tattoo is inflamed/red after seven days, please contact us and/or a doctor. If you see red streaks coming out of your tattoo, please contact a doctor immediately. Keep in mind it is normal to see some redness around your tattoo in the first stages of healing. Certain areas of the body will heal more slowly than others, and depending on how well you take care of your tattoo, you could see some redness/irritation for longer than seven days, though this does indicate that your healing process has not been ideal. BUT if you have any hesitations, concerns, questions or anything else on your mind regarding your tattoo and/or the healing process, do not hesitate to call.

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