

# HOW TO CARE FOR YOUR NEW TATTOO

## Aftercare

1. Remove bandage after 1-2 hours.
2. Wash with unscented antibacterial soap and water.
3. Gently wipe with a wet paper towel and pat with a dry paper towel.
4. Apply a thin layer of aftercare using clean hands or an applicator like a popsicle stick.
5. Repeat 1-2x a day for 1 week, then as needed.

## Tips

- ✂ Do not re-bandage your tattoo.
- ✂ Keep your tattoo moisturized to prevent dryness and cracking.
- ✂ Wear loose-fitting clothing at night to avoid ink setting on your bedding.
- ✂ Irritation is normal, but if it persists past 4 or 5 days, see your artist for advice.

## What to Avoid

- ✂ Petroleum jelly products like Aquaphor or Vaseline
- ✂ Touching, itching, or picking at your tattoo
- ✂ Contact with unwashed hands
- ✂ Submerging in water including pools or baths
- ✂ Abrasive material on your tattoo
- ✂ Gym equipment and sweat in general
- ✂ Contamination with pet hair or dander
- ✂ Exposure to the sun or sand

## How to Prepare

### DAYS BEFORE: *(especially long sessions)*

- ✂ Eat healthy and hydrate
- ✂ Avoid alcohol and other drugs
- ✂ Avoid excessive sun exposure

### DAY OF:

- ✂ Eat before you arrive
- ✂ Arrive clean and refreshed
- ✂ Be on time or ahead of time

### THINGS TO BRING:

- ✂ Music and headphones
- ✂ A hoodie or sweatshirt in case you get cold or need a makeshift pillow
- ✂ Snacks to keep blood sugar levels up and prevent edginess or passing out
- ✂ Water or another hydrating drink
- ✂ Aftercare product to apply after completion

## What to Expect

- ✂ Your new tattoo is an open wound and will weep and bleed a bit for the first 24 hours
- ✂ It may sting and become swollen before scabbing, becoming itchy, and eventually peeling—**don't pick at it no matter what!**