



Tattoo Aftercare Instructions

What you'll need:

- Anti-bacterial soap (unscented is best). Dial is a great option.
- Aquaphor or A&D ointment
- Plastic wrap (optional)

Keeping your new tattoo clean is top priority, it will prevent scabbing and infection.

Day One: Wash every few hours the day of your appointment with anti-bacterial soap and water. Pat dry with a paper towel or let it air dry. Before bed apply a very small amount of ointment to the tattoo and rub all the way in like lotion. You don't want a thick film of ointment, we still want the tattoo to breath.

-you can wrap the area with plastic wrap to sleep if you want. It helps prevent ink soiling sheets and contamination from pet hair/ dander.

Day Two: Wash once in the morning, afternoon, and evening. Apply Ointment between washes, but not more than 3x in a day.

Day 3,4,and 5+ : You will experience some flaking, that is normal. Let the skin flake off in its own time, do not pick or peel off. It will be tempting to scrub off while in the shower, resist that urge. You will most likely experience the "itchy phase" during the first 5 days. Don't scratch it...however slapping is acceptable :) p
Apply ointment as needed if feeling dry or tight. Switch to regular lotion after the peeling phase.

Important things to keep in mind:

- Don't submerge your fresh tattoo in bodies of water.

ie. Pools/lake/river/hot tubs/bathtubs etc. (showering is fine).

Why? Bacteria loves to hang out in all of these environments and may put you at risk of potentially serious infection. Harsh chemicals in pools/ hot tubs can also irritate the tattoo and effect the healing process.

- Keep your fresh tattoos OUT of the sun. It's not wise to apply sunscreen to a fresh tattoo (it can potentially effect the way the tattoo heals), so stay out of the sun all together or cover with clothing.
- If you frequent the gym DO NOT let your fresh tattoo touch any equipment or shared surfaces. There is high risk of infection otherwise. Wash immediately after working out. Preferably skip your workouts for the first 2-3 days if possible.
- ALWAYS apply sunscreen to your healed tattoos! This keeps them looking great for you and honors your artist by protecting the integrity of their

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