



CARE SHEET

To properly care for your new tattoo please follow these steps as closely as possible.

1. Leave your bandage on your tattoo for 24 hours. The bandage is water resistant but not waterproof. Showering with the bandage is acceptable, but do not submerge the bandage underwater, that would be detrimental.
2. After your 24-hour period carefully remove your bandage. You may notice that blood and plasma have collected under the bandage, this is normal and is not harmful to you. The bandage has kept all the outside pathogens out of your tattoo. If you are having difficulty removing the bandage, try removing it under running warm clean water.
3. After removing your bandage with clean hands wash your tattoo with fragrance-free mild soap (ex: Dove, Dial, Ivory etc.)
4. Once your tattoo has been cleaned allow it to air dry and apply a **SMALL** amount of non-scented lotion to the tattoo. Do this for 5-7 days about 3-5 times daily only when the tattoo appears dry. **DO NOT OVER MOISTURIZE THE TATTOO.**
5. **IMPORTANT!!!! NO SWIMMING, HOT TUBBING AND OR SUNBATHING** or any variation of the two. None of these activities should be performed after receiving a new tattoo. You should wait 2 weeks minimum for swimming or hot tubbing and 4 weeks minimum for sunbathing once you have received a new tattoo.
6. Exercise and contact sports should be performed with care. Your new tattoo is technically an open wound therefore an entry point to pick up and carry harmful bacteria. Sporting facilities, locker rooms and gyms tend to carry harmful bacteria.
7. During the healing process your tattoo may peel or scab and this is normal. Please **DO NOT** pick or assist the peeling process. Your body will heal the tattoo in its own time. For most people, the healing process usually takes about 2-3 weeks. During this time, your tattoo may be a little tender to the touch at the application site which usually occurs for the first 72 hours of receiving the tattoo however, it should taper off slowly. Also, your tattoo may be a bit itchy which is normal and may continue until your tattoo is completely healed.