## Tattoo Aftercare

## Healing with Transparent Adhesive Bandage

This latex-free bandage acts as a barrier for your tattoo. The first bandage is applied at the completion of the tattoo and should remain on for one week or be replaced after 24 hours. With clean hands, peel the bandage away and wash your tattoo with hot water and unscented, antibacterial soap. Replace bandage with new one. This film may be left on for 6 days. Pooling under the bandage may occur, as well as irritation or itchiness along the edge. If irritation persists, the bandage can be removed and traditional healing resumed.

## Traditional Healing

Leave the bandage applied by the artist on for a minimum of 1 hour and a maximum of 3 hours. As soon as the bandage is removed, wash the tattoo with unscented, antibacterial soap and hot water. Never use a washcloth or towel to wash your tattoo, or anything other than your clean hand. After cleansing, let the tattoo air dry or dab it dry with a paper towel. Apply a small amount of Aquaphor and spread ointment to a thin layer across the entire tattoo. This should be done 2-3 times a day for the first 3 days. After that, switch to using an unscented lotion on your tattoo whenever it dries out, or coconut oil works as a great natural substitute with less ingredients. Continue 2 weeks or until healed.

Remember, your tattoo is a fresh, open wound. It is recommended that you avoid the sun or tanning and swimming or soaking your new tattoo for 2 weeks. It is not necessary to cover your tattoo unless you will be doing dirty work or to keep it out of the sun. Otherwise, if you are healing the traditional way, let your tattoo breath. It is said that you can swim if healing with the adhesive bandage, but check to make sure all edges are still adhered and bandage is intact before doing this. Your tattoo will get itchy, do not scratch it. Ice can be used to soothe itch or irritation. If your tattoo scabs, do not pick it. Do not shave over your new tattoo until it is healed. It is common for a new tattoo to be sore, red, or irritated. If this continues after a few days or worsens, contact your artist for recommendations on products or if medical attention should be sought. In general, do not touch your tattoo unless you are cleaning and caring for it. The less ointment and stuff you put on your wound, the better.