

TATTOO AFTERCARE INSTRUCTIONS

If Using Saniderm or Similar Healing Film

- Keep the film on for 4-5 days, unless instructed otherwise.
- The bandage is breathable and waterproof, so you may shower with it.
- It's normal to see liquid pooling underneath the bandage - this is plasma that helps keep your tattoo moist during these few days.
- If irritation, excessive fluid buildup, or an allergic reaction occurs, remove the film immediately.
- To remove: Slowly and gently peel it off under warm running water - do NOT yank it off.
- Clean the tattoo with unscented antibacterial liquid soap and rinse thoroughly.
- Air dry or pat with a clean cloth (nothing abrasive)
- Begin applying unscented lotion

Healing Stages & What to Expect

- Days 1-3: Redness, slight swelling, and some plasma or ink oozing are normal.
- Days 4-7: Skin starts flaking and peeling - DO NOT pick at it.
- Days 7-14: Peeling slows down, tattoo may appear dull but will brighten over time.
- 1 month+: Tattoo fully healed when it has the same texture as surrounding skin.

Long-Term Care

- Always apply SPF 30+ sunscreen after healing to prevent fading.
- Keep skin moisturized to maintain the tattoo's vibrancy.
- If any signs of infection occur (excessive redness, pus, prolonged swelling), contact a doctor.

If Not Using Healing Film

First 2-3 days:

- Wash your tattoo with warm water (no soap).
- Air dry or pat with a clean paper towel.
- Apply a thin layer of ointment and cover it with a new clean pad.
- Repeat this 2-3 times per day.

After 3 days:

- Stop covering the tattoo, but continue washing and moisturizing it 2-3 times daily.
- Keep it clean and moisturized to prevent scabbing and dryness.

General Healing Instructions

CLEANING

- Always wash your hands before touching your tattoo.
- Rinse off dead skin cells, plasma, and blood with warm water only (not hot).
- Let your tattoo air dry or gently pat it with a clean paper towel.
- Do not rub your tattoo or use rough materials like washcloths.

MOISTURIZING

- Use a thin layer of unscented lotion or tattoo ointment twice a day (after washing).
- Apply just enough to keep the tattoo hydrated but not greasy.
- Recommended brands: Aveeno, Cetaphil, Lubriderm, Eucerin, Jergens, Cerave, Hustle Butter.
- Do not use Neosporin - it causes scabbing and can affect healing.

WHAT TO AVOID

- Touching your tattoo with dirty hands or surfaces.
- Direct sun exposure (cover your tattoo with loose clothing).
- Sweating & exercise (gyms carry bacteria; wait 2 weeks).
- Tight clothing that rubs the tattoo.
- Submerging in water (no baths, pools, hot tubs, oceans, or lakes).
- Scratching or picking at peeling skin - it can remove ink.