

# Tattoo Aftercare

Tattooing, is a technique of marking the skin with colors and has been practiced for thousands of years. Today, tattooists use different types of tattoo machines to perform tattoos. The tattoo machine, in a simplified explanation, operates like a mini-sewing machine; the tattoo needle that is attached to the tattoo needle bar moves up and down very rapidly as it penetrates the superficial (epidermis) and the middle layer (dermis) of the skin. This process creates a superficial abrasion that is only as deep as the thickness of a fingernail. Properly and professionally done, tattoos cause minimal trauma to the skin and heal very quickly. Depending on the individuals care and reaction to the process, it can take anywhere from 7 to 14 days to heal over nicely.

The start of the healing process is immediately after the tattoo is finished.

1. Remove bandage as soon as you arrive home (no longer than 2 hours from completion)
2. Wash your hands with a mild anti bacterial soap. Wash your tattoo in cold water with anti bacterial soap with your clean hands. **DO NOT USE A WASH CLOTH OR SPONGE.** Lather and rinse a couple of times until it is completely clean and no longer slick.
3. Pat dry with a clean towel or paper towel. **AIR DRY FOR** at least 30 minutes, preferably an hour.
4. With a clean finger, apply a thin layer of ointment...every artist is different. Recommendations are Aquaphor, A & D, Neosporin, Bacitracin or other comparable product, \*Some products have zinc or other ingredients some people may have allergic reactions with sensitive skin.
5. Wait 10 minutes and blot off the bubbles of fluid (plasma) with a clean paper towel. Lightly blot until no more plasma is appearing. Plasma is bad for your tattoo. It is **critical** you prevent plasma from accumulating, drying and sticking to the surface of your tattoo. When dry it looks shiny and a little crusty, wash your tattoo if you see a buildup of plasma.
6. **DO NOT BANDAGE**
7. After 3-5 days you can use a fragrance free lotion or H2Ocean Tattoo Lotion. Approved lotions are Lubriderm & Eucerin

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DO Change the linens/sheets on your bed frequently if you have animals

DO wear loose clothing around the tattoo (repeated rubbing or friction will irritate your tattoo, it can cause some redness and swelling. **FOOT TATTOOS:** Try to wear ballet flats instead of flip flops to prevent chafing.

DO Stay hydrated, drinking lots of water. Your skin is the largest organ in your body. Well hydrated skin helps tattoos heal faster.

DO call your artist with **ANY CONCERNS**

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DO NOT SHARE OINTMENTS OR CREAMS WITH ANYONE TO HEAL YOUR TATTOO.

DO NOT over saturate with ointment...a little goes a long way. A dab will do ya.

DO NOT let household pets come in contact with your new tattoo... no licking or scratching

DO NOT expose to direct sunlight for 14 days (in the first few days it will feel like it's on fire when sun hits it)

DO NOT pull off clothing if it is stuck to the tattoo...Wet the offending article of clothing and slowly slide off the tattoo

DO NOT ask friends what you should do if you are concerned...they think they know but they don't.

DO NOT submerge tattoo in water. No Jacuzzi, bathtub, pool or ocean. Chemicals in pools and hot tubs are bad for tattoos while still healing. Wait at least 14 days or until all scabs are gone. **SHOWERS ARE FINE**

DO NOT play contact sports or lay on gym mats etc.

DO NOT shave the tattooed area until all scabs are gone

DO NOT RUB, PICK or SCRATCH your tattoo. Loss of color or infection could occur.

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YOUR TATTOO SHOULD HEAL IN 10-14 DAYS. If you have any signs or symptoms develop such as: extreme redness at the site, green/yellow discharge (foul smelling), and/or fever; STOP using whatever lotion or ointment and contact your artist and/or physician. Some redness around the area is normal, especially if covered with clothing.

\*\*Please note aftercare instructions provided here are provided by Trinity Tattoo, but tattoo aftercare instructions may be different with each artist. You should take the recommendations from your tattooist on the care of your tattoo.

Should you have any questions or problems please call the studio @ 757-275-9391

#### HELPFUL TIPS:

Extreme sun exposure, long term sun exposure and tanning beds will fade your tattoo. This can be minimized by using a strong sunscreen and reapplying frequently while in the sun.

Your new tattoo is a WOUND that MUST BE PROPERLY CARED FOR!

Some people are allergic to the ingredients in hand lotions and antibiotic ointments. A reaction can appear as small pimples or redness around the tattoo area. Many times it is not infection but over saturation with ointment. Oversaturation can clog pores and increase buildup of skin cells and bacteria.

Some people may have an adverse reaction to the particular pigment used in the tattoo ink. This may result in swelling or itching. This can usually be relieved with a topical cortisteroid cream or Benedryl and keeping the tattoo out of direct sunlight.

If you have a medical condition or are aware if an allergic reaction, please notify the tattooist.

