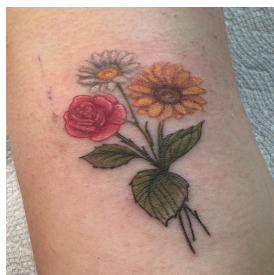


TATTOO HEALING

CLIENT GUIDE

BEFORE YOUR APPOINTMENT:



- **Eat** a small meal *2-3 hours* before your appointment. Your blood sugars are affected during the tattoo process, so top them up!
- **Drink** water throughout the day to keep your skin *hydrated*.
- Consider drinking a *Gatorade* or something with *electrolytes* during your tattoo.
- For longer sessions, bring a light snack.
- Keep your skin **moisturized** in the days leading up to the tattoo appointment.

AFTER YOUR APPOINTMENT:

You made it! The next couple of weeks are crucial in the life of your tattoo.

- Keep your bandage on for a *minimum* of **two hours** or for
- After removing your bandage, wash your tattoo under **cold to lukewarm** water with *unscented* soap
- Wash **twice daily** for the first week of your healing period

After the first two days, you should begin to feel the skin *tighten* and the lines of the tattoo raise slightly. This is the “scabbing” process. Scabbing may be slightly heavier or lighter depending on location and style of tattoo.

- Apply a **pea size** amount of unscented lotion to the area up to **three times daily**. *Less is more!*
- Repeat daily until the skin has stopped flaking.

- Approved lotions include: Aveeno unscented, Kari unscented, Vaseline Lotion unscented, or *Resilience’s Heal & Soothe Balm*.

IMPORTANT

- **Do not submerge** your tattoo under water while healing.
- **No** swimming while healing. No hot tubs, steam rooms, etc.
- **Do not** expose to *direct sunlight* while healing
- **Do not** *pick or rub* at your scabs during the “flaky” period
- **Do not** use *exfoliants* on the freshly tattooed skin for three months

When your tattoo is done flaking, you may resume all water activities.

Other Healing Notes

ALTERNATIVE METHOD: Wet Healing/Transparent Bandage



Transparent dressings are often used within the medical industry to cover wounds and maintain a moist environment for wound healing, while still being breathable and hygienic.

How do I use this bandage?

Your artist will apply this bandage to your tattoo at the end of your session. Once the bandage is on, you can keep this on for the first **5-6 days or according to your artist's instructions.**

Your artist may provide you with an extra bandage. After 5-6 days, you may remove your bandage *at the end of your shower.*

Avoid removing the bandage dry, unless you're experienced in doing so.

- Wash the whole bandage well with **soapy lukewarm water**, then peel the bandage backwards close to the skin to ensure no scarring or ripping of the skin occurs.
- Once removed, wash the tattoo with soapy water again.
- Pat dry with a paper *towel* and wait 10-15 minutes before applying your new bandage.
- Leave this bandage on for the remainder of your healing or for a **cumulative** total of **6 days**. Remove as before.

Best practices

Bandage adhesive can be stubborn!

- If reapplying a new bandage, just pat dry and reapply over the remaining adhesive.

- If removing your bandage at the end of your healing cycle, use **coconut or olive oil** to help remove the adhesive. Wear soft loose clothing and let the lint stick to the remaining adhesive. Your tattoo is now healed and will not be negatively affected by this and the adhesive should flake off over the next 24-48 hours.

ONCE HEALED...

- You are entitled to up to **2 free touch up** within **three months - one year** of your tattoo.

Please remember your tattoo is an open wound for the first few days of its life. Respect your body's healing process in all aspects.