# TATTOO AFTERCARE INSTRUCTIONS

- ALWAYS WASH YOUR HANDS BEFORE TOUCHING YOUR NEW TATTOO.
- If you are using the sandier healing method, please go to <u>saniderm.com</u> and follow the directions. IF NOT
- Remove bandage 2-3 hours after getting your tattoo. Do not rebandage.
- Wash tattoo with a mild soap. Do not use washcloth. ONLY use your clean hands.
- Gently pat your tattoo dry with a clean paper towel or cloth. Do not rub or use rough fabric.
- You can use ointment to make your healing more comfortable. Use an ointment that you are not allergic to.
- Aquafor, Ink Balm, Tattoo Lube, Redemption, or Coconut oil are all common ointments. We have a natural ointment for sale.
- Always use clean hands and do not place your fingers back into the ointment container.
- Use a pea size amount and rub in a circular motion into the clean tattoo so that it is not greasy or shiny.
- Pat off excess ointment with a clean paper towel.
- Wash, dry, and apply ointment 3-4 times a day. You will do this for 2-3 days only.
- On the 1st night you may wrap your tattoo in a non-stick bandage or Saran Wrap to prevent sticking to bedding.
- On the 3rd or 4th day your tattoo will begin to peel. <u>Do not pick or scratch</u>. Begin using a mild, white lotion. No dyes or perfumes.
- Use lotion for 2+ weeks.

### PLEASE DO NOT

- Do not listen to your friend's advice.
   They know nothing.
- NO swimming or soaking in hot tub for 2 weeks. Short showers are fine.
- Absolutely NO sun, tanning or sunblock for 3 weeks. Cover your tattoo outside. After 3 weeks, always use sunblock, often.
- Do not wrap your tattoo in gauze or other bandages. They might stick and cause scabbing. If you need to wrap your tattoo, use a nonstick bandage like tegaderm or a plastic wrap.
- Do not wear abrasive materials, jewelry, or shoes that rub against your tattoo for 2-3 weeks.
- Do not let anyone touch your tattoo unless they wash their hands.
- Do not use petroleum products on your tattoo. No Vaseline, bag balm, or petroleum jelly.
- If you develop an allergy to something you are using, stop using it.

## Tips and tricks

- Wear loose, soft, clean clothing for 2 weeks.
- Beware of gym equipment.
- Elevate your tattoo for 2 days.
- You may take Ibuprofen for swelling.
- You can ice your tattoo for 10 minutes per day to reduce swelling.
- · Take short showers.
- Make sure your bedding is clean, no sleeping with pets.
- Your tattoo will look foggy while it is healing. It may take 4-8 weeks before it gains full clarity.
- Some tattoos and people heal slower than others.
- Call if you have any questions!

# STORE LIST MILD SOAP PAPER TOWELS OINTMENT NON-STICK BANDAGES OR PLASTIC WRAP WHITE UNSCENTED LOTION LOOSE, SOFT CLOTHES

If you do not take care of your tattoo, it may become infected or damaged. Please follow these instructions or those of your health care provider.

Infections are very red around the outside of the tattoo, feel hot, and may have red lines extending outwards. It may ooze, pus, or bleed abnormally. If you think your tattoo has become infected, SEEK MEDICAL ATTENTION IMMEDIATELY.

If you have questions at all, please call us at 603.433.2616 or E-mail grimnorth@me.com. We are happy to help. Thank you and let us know how your tattoo heals. We LOVE to get healed photos. Thank you. James, Stina, Josh and Steph GRIMNORTH.COM

# **GRIM NORTH TATTOO**

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