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# *Blessed in Ink*

## Aftercare Procedure



1. **\*\*Wash Hands:\*\*** Remember to wash hands before caring for or touching your tattoo.
2. **\*\*Remove Bandage After 24 Hours:\*\*** Run warm water on the bandage as you remove it for easier removal. Grab bottom corner, pull down and away from your skin.
3. **\*\*Cleanse with Antibacterial Soap:\*\*** Wash the tattoo with fragrance-free antibacterial soap.
4. **\*\*Rinse Thoroughly:\*\*** Rinse with warm water, then cold water to aid in ink retention. \*Do this every time you apply new ointment.
5. **\*\*Pat Dry:\*\*** Gently pat the tattoo dry with a soft paper towel; avoid rubbing.
6. **\*\*Apply Ointment:\*\*** When dry, use a minimal amount of ointment (Hustle Butter or Tattoo ointment) twice a day for the first 3 to 4 days. After peeling ends (around 4 to 5 days), switch to an unscented lotion such as Lubriderm.
7. **\*\*Moderate Moisturizing:\*\*** Apply a thin layer of ointment; excessive moisturizing can hinder healing.
8. **\*\*Consider Non-Petroleum-Based Ointments:\*\*** Some preferred alternatives: Tattoo Goo (sold at King Soopers)
9. **\*\*Avoid Tight Clothing:\*\*** Wear loose, breathable clothing to minimize friction.
10. **\*\*Hydrate and Eat Well:\*\*** Support the healing process with proper hydration and a healthy diet.
11. **\*\*Lotion Options:\*\*** unscented lotions **ONLY** after initial healing phase, such as Lubriderm.
12. **\*\*Mild Exercise is Okay:\*\*** light exercise is encouraged; avoid activities causing excessive sweating or friction.
13. **\*\*Sun Protection:\*\*** Protect your tattoo from direct sunlight, even after it's healed.
14. **\*\*No Long Showers:\*\*** Stick to short showers until completely healed (approximately 2-3 weeks).
15. **\*\*Be Mindful of Sleeping:\*\*** During the first days, expect ink, blood, or lymph seepage, as it may stain fabrics. Use clean bed linens and towels until fully healed
16. **\*\*Bruising and Redness:\*\*** Be aware that bruising or redness may occur during the healing process.
17. **\*\*No Picking or Scratching:\*\*** Allow loose skin and scabs to come off naturally in the shower or during ointment application.
18. **\*\*Avoid Soaking:\*\*** Do not soak your tattoo in pools, oceans, baths, hot tubs, etc.
19. **\*\*Infections Signs & Symptoms:\*\*** If your tattoo shows persistent redness, swelling, increasing pain, pus discharge, feels hot to the touch, or if you experience fever, chills, or shakes, contact a physician as these are signs of a possible infection.

**\*\*Note:\*\*** If you have any questions or concerns during the healing process, please contact us.

TATTOOER: \_\_\_\_\_ DATE \_\_\_\_\_