

OUTLAW *Tattoo*

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Tattoo Aftercare Instructions

Now that you have an amazing new tattoo, you might be surprised to know that aftercare is the most important part of getting a tattoo. Although a tattoo is just an exterior skin procedure, its effects go much deeper than your skin. For this reason, aftercare is essential not only for keeping your tattoo looking fabulous, but also for your overall health.

- Always wash your hands before touching your tattoo!
- When you get home: Remove bandage within 1 - 2 hours after getting your tattoo. Do not re-bandage. Your tattoo needs to breathe, just like an open wound.
- Wash your tattoo with an anti-bacterial liquid soap. Be gentle, do not use a washcloth or anything that will exfoliate your tattoo. Only use your hands.
- Gently pat your tattoo dry with a paper towel. Do not rub or use a fabric with a rough surface.
- The first 3-4 days: Rub a small amount of lotion/ointment on your tattoo. You may use an unscented lotion (with no alcohol in the lotion) like Cetaphil or a tattoo ointment – whatever you know you're not allergic to. Always use clean hands and do not place your fingers back into the ointment after touching your tattoo. Make sure to rub the ointment in so that it is not shiny, or greasy– you want the thinnest amount possible. Pat off any excess ointment with a clean paper towel. Do not use Vaseline, petroleum, Neosporin, or Bag Balm. Wash, dry, and apply lotion/ointment 1-3 times daily, as needed.
- On the first night, you may want to wrap your tattoo in saran wrap to prevent sticking to your bedding. Do not use any cloth bandages or pads, as the fibers of this material can adhere to your open tattoo and hinder the healing process.
- Wear clean, soft clothing over your tattoo for the first 2 weeks– nothing abrasive or irritating. For a foot tattoo: go barefoot as much as possible. If you must wear shoes, first wrap your clean tattoo in saran wrap, then cover with a clean cotton sock before putting on your shoe. Avoid sandals or flip-flops for this period to prevent chafing and damage to the tattoo.
- After day 3 or 4: On the 3rd or 4th day your tattoo will begin to peel. This is normal! Do not pick at the skin. Begin using a mild, white, unscented lotion, free of dyes or Perfumes.
- Use lotion for minimum 2 weeks, 1-2 times daily.

Please see reverse side for Signs of Infection and Things to Avoid

Signs of Infection

Differentiating what is normal tattoo healing versus what you should seek medical attention for can be tricky.

Lucky for us, infections from tattoos are very rare these days, with only 0.5-6% of tattooed adults experiencing one. However, they are still a real possibility.

If you experience the following, seek medical attention and contact your tattoo artist.

Here is a list of things that are NOT normal:

- You may experience a fever or get the chills
- It's normal for your skin to be red, slightly swollen, and puffy, but the skin around the tattoo shouldn't be. If the skin around your tattoo is swollen after 4-5 days, call your tattoo artist (or doctor) for some advice.
- Prolonged red, irritated skin
- If you have bumps (granulomas) lasting 2+ weeks after getting a new tattoo
- If you are experiencing pus from the new tattoo after 7-8 days, it might be time to call a doctor
- Intense pain
- Excessive bleeding
- Photosensitivity (sunlight is painful)

Things to Avoid

- Do not pick, scratch, peel, slap, rub or irritate your tattoo.
- You can shower, but you shouldn't soak your tattoo for 2 weeks. No swimming, soaking, or hot tub.
- You shouldn't expose your tattoo to the sun for at least 3 weeks, after that you should use sunblock.
- Do not wear abrasive materials, jewelry, or shoes that rub against your tattoo.
- Do not let anyone touch your tattoo unless they wash their hands.
- Beware of gym equipment; wash it well before using it.