

LIVING STORY TATTOO LLC AFTERCARE INSTRUCTIONS

~ Remove Bandage in about 2 hours or as soon as it is convenient. If we worked longer than 2 hours, you can leave it on for as long as we worked.

~ Wash your hands then gently but thoroughly wash your tattoo(s) with mild soap and water using your hands/ fingertips only (do not scrub).

Continue to rinse until all surface blood, ointment and soap has been removed.

This is normally easiest to do the first time in the shower.

~ Dry by blotting very gently with a paper towel or a clean towel.

If possible, continue to air dry until tattoo feels slightly tight (15 minutes to 1 hour).

~ Apply Ointment in a thin light coat rubbing completely into tattoo. If there is any excess remove it gently with a paper towel.

Tattoo and skin should feel slightly moistened, not heavily coated.

You may use another type of ointment or unscented lotion depending on what is most comfortable for your skin type. The ointment I prefer is Aquaphor.

~ Wash tattoo a lot. Pretty much as frequently as you can for the first few days.

Each time making sure your hands are clean before

and washing, then you re-apply a light coat of ointment after.

If you are home, go ahead and wash with soap and water.

If you are at work or somewhere that you can not be sure to rinse well enough -

WASH HANDS IMMEDIATELY BEFORE &

wipe with a damp (soft) paper towel is still much better than not washing it would be.

Some patients find that they can use unscented baby wipes when they are away from home and some

find them irritating. Use your judgement and do what works best for you.

~ Rebandage with a non-stick (TELFAPADS) whenever you have to wear tight clothing directly over tattoo area (such as a bra)

or if you will be sleeping directly on the tattoo area.

While your tattoo is covered it is healing at a much slower rate - so whenever possible expose to the air or cover with loose fitting soft clothing instead. Sleep in your bra to

hold pads in place.

Never bandage with gauze or any absorbent material (tattoo will heal to bandage if this is done)!

~ OPTIONS:

#1 Continue Washing and Ointment treatments until tattoo starts to “peel” this looks very much like a sunburn peel and should happen in 3 to 7 days. It may have a waxy or shiny

appearance when the area first peels - this is normal. Once tattoo begins to peel you can switch to

a non scented lotion (I love CUREL lotion). Wear loose bra with lots of room or a shelf cami to avoid friction. This is extremely important. Apply lotion liberally and **OFTEN WITH CLEAN HANDS.**

#2 Continue to use ointment and nonstick pads until completely healed and done with peeling. Should be in 7- 10 days

Do not help the flakes or peels come off (This is very tempting to do, but it really is important not to). Sometimes your tattoo will peel and you won't notice (in the shower or inside your clothing). If a week has passed and it hasn't peeled you

can go ahead and switch to the lotion anyhow.

~ DO NOT: expose tattoo to sun (yes, this includes tanning booths), salt water, chlorine, lakes, rivers...you get the idea...

dust, dirt or any other substance which could dry out or infect tattoo until after tattoo peels.

Now, if you want to use the tattoo as an excuse to get out of housework or the gym, I am all for that, but the truth is it really isn't necessary.

~ After all of this... you can treat your tattoo just like the rest of your skin when completely healed.

Sunscreen or an opaque covering is an absolute necessity if you are tanning the area.

Moisturizer is a nice thing to do for any skin - tattooed or not.

~ Ointments that I recommend and rules regarding are: Get a CLEAN NEW JAR/TUBE of the following choices and dip out with q-tips (not fingers) DON'T SHARE aftercare .

Aquaphor (my personal favorite),

Bacitracin (if you really think you need an antibiotic), Tattoo Goo, Cocoa Butter, Shea Butter, Hustle Butter, Redemption, AfterInked, & A&D Ointment. I like Curel or another non-scented lotion to be applied for lifetime!!!!

Please

use common sense and if the ointment burns or hurts, stop using it immediately!

Follow up with me in 6 weeks for tattoo check (call or text) for touch up to be done at 10 weeks. See doctor for final photos 6 weeks after that.

~ Thank you for allowing me to be part of your healing process and trusting me with your tattooing, please let me know if there is anything else that I can do for you.

~ Questions? call me at 937-470-5332 or email me livingstorytattoo@gmail.com