

# TATTOO AFTERCARE INSTRUCTIONS

---

## **INITIAL CARE**

Leave your bandage on for no less than 4 hours, and no more than 24 hours. Overnight is perfect!

## **REMOVAL AND RINSING**

Remove your bandage in the shower under running water. Loosen the tape tabs, get the bandage soaking wet and soap it gently until the bandage slides off. Gently wash your tattoo with a liquid antibacterial soap such as Provon, Dial, or Softsoap.

While rinsing, gradually increase the water temperature until it is as hot as you can withstand. Rinse your tattoo for 10-15 minutes under the hot water and finish with a splash of cold water. Let your tattoo air dry, or pat gently with a clean paper towel. Do not use bath towels!

## **MOISTURIZING**

Apply a tiny amount of A&D ointment you received from Millennium®, and continue to use A&D ointment 3-5 times per day, for 2-3 days. Rub A&D ointment diligently into your skin, your tattoo should not be greasy or shiny. Do not use store-bought A&D.

After 2-3 days, switch to a quality fragrance-free lotion, like Curel or H2Ocean. Do not expose your tattoo to sun or tanning beds for at least 4 weeks. After 4 weeks, protect your tattoo with SPF 30 or higher sunblock that offers broad spectrum UVA/UVB protection.

## **WHAT TO AVOID**

- Don't wear clothing that rubs or chafes your tattoo.
- Don't soak your tattoo in standing bodies of water such as bathtubs, pools or the ocean for 4 weeks.
- Don't scratch or pick your tattoo. If it itches, try slapping lightly, applying lotion, or holding something cold on it.
- Don't use products that are not recommended by your artist. (Aquaphor, Tattoo Goo, Vaseline, vitamin E, lanolin, baby oil, bar soap, fragrances, etc.)

## **SPECIAL AFTERCARE FOR FOOT TATTOOS**

Follow our standard tattoo aftercare guide, with a few exceptions:

1. You want to heal your foot dry, but don't let it dry out. Skip the A&D and go straight to using lotion, applying 1-2 times daily.
2. Wash your foot 2-3 times daily, especially if you get sweaty or dirty throughout the day.
3. If you are at home and inside, go barefoot. When you must wear shoes, the best option is soft slippers. If you can't wear slippers, try loosely laced sneakers, slip-ons, Crocs, or fur-lined slip-on boots.
4. Wear an ankle sock turned inside out on your tattooed foot. If the sock ever gets stuck to your tattoo, get it wet to take it off, similarly to the bandage.
5. No flip-flops, sandals, straps, open shoes, etc. for 3-4 weeks. You do not want anything rubbing your new tattoo. You also don't want your tattoo exposed to dirt and bacteria while outdoors.

## **SPECIAL AFTERCARE FOR COSMETIC TATTOOS**

1. Keep the tattooed area clean with a mild liquid antibacterial soap, like Provon.
2. Don't wear any make-up on the area for at least 10 days, this includes ChapStick<sup>®</sup>.
3. Don't pick or rub the tattoo.
4. With lipliner or lipstick, be careful not to bite or chew your lips.
5. With eyebrows or eyeliner, wear a wide brim hat and/or sunglasses to protect from sun exposure.
6. We recommend buying new make-up products to wear on the area after you are healed to help prevent contamination and infection.