

TATTOO AFTERCARE

Leave adhesive film (SecondSkin, Tegaderm, Recovery Shield) **on for 2–4 days.**

Fluid buildup is normal (plasma + ink). Don't pop or drain it. If severe irritation occurs remove and contact your doctor. While wearing the film avoid sweating, tight clothing, high movement, and water exposure. Shower quickly and gently (no soaking or water blasting the film).

Film Removal:

- Wash hands thoroughly.
- Remove film under warm running water. Take your time, do NOT try to rip it off quickly like a band aid.
- While supporting the skin around the tattoo, begin gently peeling from the edge of the film.
- Pull the film down (parallel to the skin), do not pull out (perpendicular to the skin).
- Wash tattoo gently with antibacterial soap (Dial or Dr. Bronner's) until no longer slick.
- Pat dry with paper towel or air dry.
- Moisturize lightly with Aquaphor, tattoo salve, or coconut oil (from a clean container). Skin should NOT be greasy or shiny. Tattoo should have just a soft sheen, NOT wet or thick with ointment.

Wash, dry, reapply thin ointment 2–3x daily for 3–5 days.

Expect light flaking, do not scratch or pick.

Around Day 3–5:

Tattoo will begin to flake/peel like a sunburn. Switch to unscented lotion (Aveeno, Lubriderm, Curel). Moisturize as needed and continue washing gently for 2 weeks.

AVOID FOR 2 WEEKS:

- Soaking (baths, pools, ocean, hot tubs)
- Sun exposure
- Tight clothing (bras, waistbands, etc.)
- Heavy movement/sweating of tattooed area
- Scratching or picking
- Dirty hands or surfaces touching tattoo

Possible Infection Signs:

- Red haze after 1 week
- White/gray patches or deep indentations
- Yellow/green scabs, pus, foul odor

If you suspect infection, contact your doctor immediately.

Long-term care:

Moisturize regularly. Use sunscreen on healed tattoos to prevent fading.

If you have any concerns contact your artist or your primary healthcare provider.