

Tattoo Procedure Aftercare Instructions Sample Sheet

Immediate Care

- **Remove bandage** after 1 hour, waiting no longer than 12 hours.
- **Wash your hands prior to removing bandage(s)**. Immediately wash tattoo with warm water and anti-bacterial soap. Some body artists will recommend using a saline solution or a mild unscented liquid soap. Repeat until tattoo is no longer slimy or glazed.
 - o **DO NOT USE A WASHCLOTH – washcloths may harbour bacteria that can cause skin infections.**
- **Pat or dab** (do not rub) the tattoo with a piece of paper and allow to air dry for at least 10 minutes.
- **Apply** a very thin veil of ointment as provided by your artist.

Repeat washing daily and apply ointment whenever the tattoo feels dry (for at least 7 days). By this time the tattoo should be healed. As the tattoo heals, it will peel like a sunburn.

Daily Care

- **Always** wash your hands with liquid soap and warm water prior to touching your tattoo
- **Always** keep the tattoo free from grease, chemicals, general dirt, or exposure to biohazards (such as uncooked meats). If the tattoo becomes soiled, wash it with soap and warm water and air dry it.
- **Do not** expose the tattoo to sunlight for at least 4 weeks.
- **Do not** use tanning beds for at least 4 weeks.
- **Do not** soak tattoo in water (avoid bathing for 2 weeks; avoid public swimming pools and hot tubs for 4 weeks).
- **Do not** allow shampoo or rinse/conditioner to come into contact with your tattoo.
- **Profuse sweating has the same effect on new tattoos as soaking in water.** If you work out (especially cardiovascular or aerobic), take some time off.
- **Wear loose clothing** that can allow your healing tattoo to breathe.
- **Do not pick or scratch** new tattoos
- After 4 weeks, **apply sun block** to the tattoo if it is to be exposed to the sun.

Signs of Infection:

- If you observe these signs on your skin, please contact a doctor immediately:
 - o Swelling and redness that increases around the tattoo
 - o A severe burning and throbbing sensation around the tattoo
 - o Increased tenderness and increasingly painful to touch
 - o An unusual discharge (yellow or green) with an offensive smell

I have received these aftercare instructions verbally and in writing:

Client Signature: _____ Date: _____