

CLEANSERS

For all new tattoos we recommend you wash them twice a day for the length of your healing. Antimicrobial soaps with chloroxylenol are strongly recommended and are effective against a broad spectrum of bacteria.

-Chloroxylenol cleansers are available at your local piercing studio and medical supply companies.

- ★Provon Medicated Soap
- ★Satin Therapeutic Skin Cleanser
- ★Loving Lather Skin Cleanser
- ★AloeGuard Antimicrobial Soap

-Castille soaps are available at your local health food store. A natural alternative, but can be drying, use only if you know your body is not sensitive to castille soaps.

★Dr. Bronner's Castille Soap

Baby Mild, for sensitive skin
Lavendar, for extra antiseptic
Peppermint, it tingles

Always wash your hands before touching your tattoo. Do not touch your tattoo unless you are cleaning it. If cleanser dries your skin, try diluting your cleanser with water or switch to a milder soap.

OINTMENTS

During the initial 4-5 days we recommend you keep your tattoo lubricated with one of the following ointments:

- ★Aquaphor Healing Ointment
- ★H2Ocean Tattoo Cream
- ★A+D Ointment
- ★Burt's Bees Res-Q Ointment
- ★Country Comfort Herbal Savvy
- ★Care-Tech Labs Barri-Care

WASHING

Your new tattoo is an open wound and requires some maintenance for optimal results. There are many ways to care for a new tattoo and it varies from person to person. We recommend the following after-care.

If you are bandaged after your tattoo, leave the bandage on for 2-3 hours. Remove your bandage in a clean environment with clean hands. Some folks elect to keep the bandage on for the first night of sleep. Still make sure you sleep on clean sheets, a clean cotton shirt, or a clean towel. Expect to stain whatever you sleep on with your fresh tattoo as it will sluff off some new ink and light bleeding throughout the first few days.

★ Wash your hands with your cleanser and hot water before washing your tattoo.

★ Twice a day Wash your tattoo gently with soap and warm water. Carefully blot it dry with a clean paper towel and apply a thin layer of appropriate ointment. Gently wipe any excess ointment with a clean paper towel.

★ After the initial 4-5 days, or when your tattoo is no longer scabby, lubricate your tattoo with a mild hand or body lotion 2-3 times daily. This will help reduce itching from the dryness of the healing skin.

*If you are washing in the shower, clean your tattoo last to rinse away any soap or shampoo that could get into the tattoo.

Tip - Ease your way into the flow of water from your shower. The water will feel much hotter on your tattoo than on the rest of you.

THINGS THAT HELP

Keep it clean - Your overall cleanliness will greatly affect your new tattoo. Never touch your healing tattoo with unwashed hands. Use a clean paper towel to pat dry your freshly washed tattoo instead of a bath towel. Wear clean clothing, and use clean sheets or a fresh towel to sleep on.

Be healthy - Your overall health will affect your healing process. Be sure to eat a balanced diet, avoid stress and get plenty of rest during your healing process. Taking a supplement of zinc and/or grapefruit seed extract with a meal or in a multi-vitamin may promote healing.

Go gently - Allow the tattoo to breathe and stay dry yet lubricated. Don't overdo it with excessive ointment or lotion. Don't keep it covered with any bandage or dressing. If clothing is worn over your tattoo try to keep it light and breathable.

THINGS THAT CAN HARM

Scratching and picking - This will greatly damage your new tattoo. Allow the scab to come off on its own.

Swimming and soaking - Regular bathing is fine, but avoid long soaks until your tattoo is healed. Hot tubs, fresh water lakes, and swimming pools carry large amounts of harmful bacteria and should be completely avoided.

Sun Exposure - Do **NOT** apply any sunblock to your tattoo until it is well healed. This is a sure way to irritate your new tattoo and can lead to infection. Keep your tattoo in the shade. Direct sun will burn and can fade the ink immediately. After your tattoo is healed, limited sun exposure and strong sunblock will reduce fading of the inks in your tattoo.

The use of recreational drugs will slow down your healing process.