

# Caring for your Skin

## I. Preparing for Your Session

Please be aware: Getting a tattoo is, at best, a stressful procedure for your body!

The better condition your mind, body, and skin are in when your session is scheduled, the better you will be able to cope with it!

- Be Fed: - Don't be hungry, you will pass out. It is imperative that you eat a good meal 2-4 hours before your tattoo.
- Be Hydrated, Be Moisturized: Drink water, use lotion! Healthy skin is supple, and easy to tattoo. And hurts less! Dry skin is tough, itchy, flaky, and oversensitive. It resists needle penetration and ink fixation. And HURTS MORE

A glass of water will make a noticeable difference in your skin texture in minutes (literally) Drink several!

- Be Rested: Well-rested bodies and minds are patient, creative, determined, excited, happy.

Don't be cranky, irritable, or hung over.

- Be SOBER- See Above. (Not to mention terms and release forms: You WILL NOT be seen while intoxicated)
- Be Comfortable: Please dress comfortably and bring your music player, playlist, or favorite CD.

Having something to squeeze, watch, read, or listen to can make the experience pleasant.

- What to Wear / Drapes: Wear clothes in which you are able to reveal the area to be tattooed, but not expose more than you're comfortable. If you will be partially revealed, your artist will provide sanitary drapes, but you may also feel free to bring your own canga, sarong, robe, or something comfortable to drape yourself with.

Also Consider the clothes you will be leaving in: You do NOT want rough denim or footwear brushing your freshly tattooed skin!

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## II. Tattoo Aftercare:

### Product Suggestions:

**Aquaphor Ointment | Dial Gold Liquid Antibacterial soap | Aveeno Lotion**

**What to Expect:** Your tattoo will take about 2-4 weeks to heal completely. It is imperative to keep the tattooed skin absolutely clean and well moisturized during this period.

After about 3-5 days it is normal for the tattoo to start to itch, and begin to peel. DO NOT scratch, peeling, or pick at it, continue to wash and moisturize normally.

### Washing Your Tattoo: 2-3 Times Daily

Wash using warm water and a mild, un-scented, liquid anti bacterial soap such as amber-colored Dial

With clean hands, create lather in hand and pass gently over the tattoo, do not scrub or use washcloths or sponges.

Pat or Air Dry, using a clean paper towel, do not rub or use bath towels which may leave mildew or lint.

### Treating Your Tattoo: 2-3 times Daily

With clean hands, apply a small amount of your ointment.

Skin should not appear wet or greasy after application: Do NOT over-apply lotion or ointment

For the first 3-5 days use Aquaphor. Afterwards you may switch to a fragrance-free, water-based emollient lotion such as Lubriderm, Curel, or Aveeno.

- Do NOT Re-Bandage Tattoo
- DO NOT Scratch, Pick, Scrub, or Rub tattoo
- Do NOT expose to direct sunlight
- Do NOT Swim or Soak in water

To maximize the longevity of your tattoo, limit and protect your tattoo from sun exposure during the life of your tattoo  
UV rays degrade your tattoo's color and decrease its longevity.

Utilize Heavy Duty Sunblock and preferably garment coverage at all possible times when you will be out in the sun.

**::NOTE:: If you begin to experience excessive bruising, bleeding, or bumps, rash, or signs of infection, please see a healthcare professional immediately!**