

## TATTOO CARE

Leave the clear adhesive bandage on for 2-3 days. Always wash hands thoroughly before caring for your tattoo. Carefully remove the bandage under warm running water in the shower and gently wash the tattoo with unscented liquid soap (recommend Dr. Bronners/Castile Soap/Dial unscented).

Do not use towels or any fibrous materials to dry your tattoo. Allow tattoo to air dry fully before applying a THIN layer of lotion (recommend Cetaphil and CeraVe). Use lotion sparingly after washing and be mindful of over moisturizing. If the tattoo looks shiny, you used too much!

Continue to wash and moisturize your tattoo ~2x daily in the morning and night for the first week or until it starts peeling. Also wash your tattoo if exposed to dirt, bacteria, sweat, germs, pets, etc.

Avoid submerging the tattoo in water or exposing it to the sun for the first month of healing. Showers are okay but keep the tattoo out of the direct stream as much as possible. Always use sunscreen on tattoos once they're healed.

**ALLERGY WARNING SIGNS:** If you notice any redness or irritation around the corners of the bandage, remove it immediately. This is the beginning of an allergic reaction. If caught early on, this should not hinder the healing of the tattoo. It's recommended to moisturize incredibly sparingly until the irritation is gone.

**WHEN TO SEE A DOCTOR:** Signs of an infection include green or yellow puss, extreme swelling, flu or fever-like symptoms, and skin may be hot to the touch. Contact a doctor immediately.

**RULE OF THUMB:** Your tattoo is an open wound and should be treated as such. How your body heals scabs is similar to how your body heals tattoos. Just like you wouldn't moisturize a scab x5 a day, don't moisturize a tattoo that often either.

### DOS AND DON'TS:

- **Do** use lotion or soap that comes in dispenser containers. **Do not** use bar soap or tubs of lotion as they can hold bacteria.
- **Do not** use aloe, neosporin, bacitracin, Aquaphor, coconut oil, or A&D ointment. Steer away from all oil-based lotions.
- **Do** leave your tattoo alone. **Do not** touch, scratch, or pat your tattoo while healing.
- **Do not** submerge your new tattoo under water. Showers are ok, but no pools, rivers, baths, etc.
- **Do not** expose your tattoo to the sun. **Do** use sunscreen after it's healed.
- **No** sauna or tanning for at least three weeks to one month.
- Avoid tight clothing, pet dander, scented soaps and lotions. Use clean clothes and clean sheets.
- Avoid excessive sweating for 1-2 days, it is an irritant.

**Questions about healing your tattoo or booking an appointment? Contact us!**

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