

AFTERCARE INSTRUCTIONS

Hayley Inks



If you are using a Second Skin (Tegaderm, Saniderm) bandage: you should aim to keep this on for a minimum of **2 nights** and up to **4-5 days**, provided the bandage does not peel off to expose any part of the tattoo or allow water to collect inside the wrap. Please do not hesitate to take off the wrap early if it is causing visible or otherwise uncomfortable **irritation** on your skin (excessive redness, burning, bumps or rash). You can shower with the second skin on. My clients usually prefer to take it off in the **shower**, where they can remove it **slowly and gently** (not to be ripped off like a bandaid) and let lukewarm water run over it briefly afterwards.

- ❖ If you are not using Second Skin, keep your tattoo protected with the bandage provided until you go to sleep. Wait **24 hours** (or until the tattoo feels dry to the touch) after the next step to begin moisturising the tattoo.
- ❖ Remove the bandage gently and rinse the tattoo with lukewarm or cold water to remove any residue or liquid build-up. **Pat dry** the tattoo gently with a clean cloth. Mild redness is normal.
- ❖ The tattoo may darken for the first few days, and then begin to dry out. During this time, moisturise the tattoo with a light, white **unscented moisturiser** (ex. Aveeno unscented, Cetaphil, Ceravae). **DO NOT** use thick oils, ointments or scar healing products (like Vaseline, Polysporin or Aquaphor) as they are too heavy and may cause irritation. Do this **2-3 times a day** (or as needed) for the next **two weeks** (or until the tattoo is no longer dry, white-ish or raised).
- ❖ For the first 5 days, **AVOID:**
 - heavy exercise
 - intense sweating
 - hot water exposure
 - baths, pools, saunas
 - all sun exposure
 - stretching the area
- ❖ For the first two weeks of your healing process:
 - use cream as needed
 - try to avoid all sun exposure
 - **DO NOT** pick or flake your tattoo
 - let any dry flakes fall off on their own
 - no bath, pools or saunas
 - no products with fragrance
 - no tanning or sun beds
- ❖ In **2-3 weeks** you should have a final product. Feel free to send me a photo of your tattoo, or let me know if you need to book a touch-up appointment. Always use SPF 50+ to preserve the quality of your tattoo over time.