

AFTERCARE

BROWS

- 1. WASH YOUR HANDS** before touching the tattoo.
- 2. Gently press brows with a dry paper towel** to remove any excess dried blood and plasma. Repeat every couple hours for the first day. Use a damp paper towel or cotton pad to gently wipe the area clean before bed.
- 3. OPTIONAL: Apply a THIN layer of ointment***. After cleaning your tattoo, ensure the area is completely dry, use a cotton swab to apply a thin coat of ointment, and blot excess with a paper towel. If you have oilier skin, you can generally skip this step. It's a matter of personal preference. Benefits: less scabbing, heals softly, reduces scarring, soothing. Risks: slower healing, using too much/too often can cause infection.
- 4. DO NOT get your brows wet for 2 days.** You can use a baby wipe or damp cotton pad to remove make-up/clean your face. If your brows do get wet accidentally, don't panic! Just dry them with a paper towel.
- 5. DO NOT put the tattoo directly under running water or submerge your tattoo for 2 weeks.** Stick to short showers until your skin has fully healed. **Avoid pools, lakes, baths, and hot tubs.**
- 6. After two days** you can start washing your face/brows using a gentle face wash** and warm water, 1-2 times a day as needed.
- 7. OPTIONAL: After two days,** you can start applying a thin layer of white unscented lotion*** after washing the tattoo, or it feels dry and itchy, 1-3 times a day, instead of the ointment.
- 8. Don't pick or scratch at the flaking/scabbing skin.** Picking away at your healing tattoo can delay healing, cause fading, and increase the chance of infection. Let scabs fall off naturally. Itching is an expected part of the healing process, and scratching should be avoided as much as possible.
- 9. Stay away from the sun.** Avoid exposing your new tattoo to intense sunlight, especially in the first couple of weeks, and don't apply sunscreen to the area until it has fully healed. Cover with a loose hat for best protection outside.
- 10. Avoid sweating for 1-2 weeks.** Stay away from heavy exercise, steam rooms, and saunas to keep the ink from being pushed out from the skin by sweat.
- 11. Avoid makeup ABOVE the eyes for 1-2 weeks,** until the skin is healed over.
- 12. Avoid skin treatments, lasers, facials, peels, botox, fillers, etc., for 4 weeks.**
- 13. Remember** that the healing process can require a lot from your body. Take care to **drink lots of water**, eat well, and sleep well.
- 14. Continue to look after your tattoo.** Once healed, keep your tattoo well protected from the sun with an SPF 30 or higher sunscreen, and ensure you regularly moisturize the area. Healthy skin means a great-looking tattoo.

A V O I D

- WATER
- SUN
- SWEATING
- MAKEUP
- FACIALS
- PICKING

If you notice ANY signs of infection or allergic reaction, such as a fever, the area feeling hot, new/worsening pain, excessive/worsening swelling and/or redness, worsening red itchy bumps, or foul smelling discharge, **CONTACT YOUR DOCTOR IMMEDIATELY.**

!!!

“ *As everyone heals differently and can have a reaction to certain products or ingredients, it's important to use aftercare products that work well for you and your skin type.* ”

* Some good options for ointments include Aquaphor Healing Ointment, Elastoplast Wound Healing Ointment, CeRave Healing Ointment, or tattoo ointments designed specifically for healing tattoos. REMEMBER a thin layer is all it takes. You can use a paper towel or cotton pad to blot excess. **DO NOT USE ANTIBIOTIC OINTMENT.**

** Some good options for face washes include CeraVe Fragrance-Free Hydrating Facial Cleanser, Cetaphil Gentle Skin Cleanser, Vanicream Fragrance-Free Gentle Cleanser, Eucerin Fragrance Free Hydrating Cleansing Gel, or any other mild, unscented, liquid face wash. Avoid bar soaps as they can harbor bacteria. Avoid products containing alpha-hydroxy acids (AHAs), salicylic acid (SA), fragrances, lanolin, mineral oil, parabens, phthalates, and drying alcohols such as ethanol, methanol, ethyl alcohol, isopropyl alcohol, denatured/specially denatured alcohol, and benzyl alcohol/benzoyl peroxide. Cetyl alcohol and cetearyl alcohol are non-drying ingredients that can be safely used on the tattoo.

*** Some good options for lotions include Aveeno Colloidal Oatmeal lotion, CeRave Anti-itch lotion, Cetaphil lotion, or any unscented white lotion that works well for your skin.