

AFTERCARE

EYES

1. **WASH YOUR HANDS** before touching or washing the tattoo.
2. **GENTLY ICE** your eyes for a couple hours after the appointment. Put frozen peas in a sealable bag, put a paper towel around it, and gently place on eyes for up to 10 minutes on, then 10 minutes off, as needed.
3. **Gently clean** your eyes using a damp paper towel or cotton pad to remove excess plasma and ointment before bed. Use a dry paper towel to dry your tattoo by gently patting the area. **DO NOT RUB OR USE A TOWEL.**
4. **OPTIONAL: apply a small amount of ointment***. After cleaning your tattoo, ensure the area is completely dry before applying a small amount of ointment. Blot excess with a paper towel. Repeat as necessary to keep the area moist, up to 4 times per day, for the first 2-4 days.
5. **STAY AWAY FROM WATER.** Don't get your eyes wet for 48 hours. You can use baby wipes or damp cotton pads to wash your face. If you do get your eyes wet, don't panic! Just dry them with a paper towel. Stick to short showers and keep your face out of the spray of water for 1 week.
6. **Don't submerge your face for 2 weeks:** avoid all bodies of water, including pools, spas, and hot tubs.
7. **After 2 days,** you can start using a gentle face wash** 1-2 times a day, as needed.
8. **AVOID wearing contacts** for 24 hours.
9. **DON'T RUB, pick, or scratch at the flaking/scabbing.** Picking away at your healing tattoo can delay healing, cause fading, and increase the chances of infection.
10. **Stay away from the sun.** Avoid exposing your new tattoo to intense sunlight, especially in the first couple weeks. Wear a hat or sunglasses for best protection outside.
11. **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.
12. **AVOID ALL EYE MAKEUP** for 1-2 weeks.
13. **Avoid skin treatments, lasers, facials, peels, botox, fillers, etc** for 4 weeks.
14. **Remember** that the healing process can require a lot from your body. Take care to **drink lots of water,** eat well, and sleep well.
15. **Continue to look after your tattoo.** Once healed, keep your tattoo well protected from the sun with sunglasses and/or hats, and ensure that you regularly moisturize the area. Healthy skin means a great-looking tattoo.

A V O I D

- WATER
- SUN
- SWEATING
- MAKEUP
- FACIALS
- RUBING

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.**

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“ 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 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 to blot excess. **DO NOT USE ANTIBIOTIC OINTMENT.**

** Some good 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 such as vitamin A or D, 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 good, non-drying alcohols that can be safely used on the tattoo.