

tattoo aftercare

HOW THE BODY HEALS

- The body heals quickest when protected and left alone, usually in 4 weeks
- The better your nutrition and care during this time, like drinking 2 litres of water a day and getting 8 hours of sleep each night, will encourage your tattoo to heal quickly

WHAT YOU NEED TO DO

- Protect your tattoo from biological and chemical contamination. Don't use any antibacterial or antibiotic products, peroxide or alcohol on your tattoo

YOUR HEALING

- Your tattoo should look good and feel healthy every day
- You should never experience extremes of pain or swelling from any tattoo. These are signs of a problem. Contact us or your doctor for advice

Tattoo Artist: _____

If you have any questions or concerns please don't hesitate to contact us. Happy Healing



90 Dixon Street, Wellington

Tuesday–Friday 11.00am–6.00pm
Saturday 11.00am–5.00pm
Closed Sunday and Monday

04 384 9170

www.ninjaflower.co.nz

SAME DAY

- if the tattoo has been bandaged the bandage must be removed no more than 2 hours after being applied

Leaving the bandage on longer than recommended may cause inflammation resulting in plasma and excess fluid pooling on the surface of the skin – a breeding ground for bacteria

- avoid direct contact with: unsanitised body parts, clothing, make-up, bedding, animals – unclean environments
- to reduce inflammation
 - ice the tattoo for 10 minute intervals
 - ice in a zip lock plastic bag wrapped in a paper towel
 - this can be applied gently on the bandaged tattoo
 - if unbandaged the ice pack can be applied next to the tattoo
 - avoid moisture

Cleaning & drying method:

- once the bandage has been removed the area must be cleaned and dried:
 - first ensure your hands are clean
 - fragrance free liquid baby soap and warm water
 - clean from wrist to under the finger nails
(make this a habit before touching the tattoo during the healing process)
 - using your clean finger tips gently lather the tattooed area with fragrance free liquid baby soap
 - rinse with lukewarm water in the shower
(avoid direct water pressure on the tattoo)
 - avoid soaking the tattoo throughout the healing process
 - this can cause potential ink loss
 - dry the tattoo thoroughly
 - hair dryer on a cool setting or pat dry with a paper towel

– avoid fabric/tissue/toilet paper, avoid scrubbing or wiping the tattoo

– repeat these cleaning/drying steps throughout the healing period

• please note: if you have had extensive colour or black work you may be advised to cover the tattoo with plastic wrap during sleeping – your tattoo artist will advise

Moisturising:

- avoid applying during first 48 hours – *your artist will advise when it's best to start applying moisturiser as this can depend on the style of tattoo*
- apply a thin layer of moisturiser to the tattoo with clean hands 2-3 times a day – if the tattoo is too dry this can result in cracking, weeping, scabbing and ink loss
- if the tattoo is over moisturised this can result in irritation and inflammation – if this occurs use the cleaning and drying method to remove the excess moisturiser

Things to expect:

- swelling, redness and discharge
- light scabbing
- itching and flaking

Do's and Don'ts:

- do not rub, scratch or pick the tattoo
- do not soak your tattoo – avoid excessive moisture -avoid swimming, baths, spas or saunas
- do not expose your tattoo to direct sunlight – including tanning booths until it is fully healed