



Monumental Ink, LLC.
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www.monumentalinktattoo.com

Tattoo Artist: _____

Tattoo Aftercare Instructions

If you have Second Skin on: Keep on for 4 - 7 days then follow the instructions below.

If you have any reactions to the Second Skin please contact the artist or shop with any questions or concerns.

Always wash your hands before touching your tattoo!

•**When you get home:** Remove bandage within 1 - 2 hours after getting your tattoo. Do not re-bandage. Your tattoo needs to breathe, just like any open wound.

•Wash your tattoo with an anti-bacterial liquid soap. Be gentle, do not use a washcloth or anything that will exfoliate your tattoo. Only use your hands.

•Gently pat your tattoo dry with a paper towel. Do not rub, or use a fabric with a rough surface.

- **The first 3-4 days:** Rub a **small** amount of ointment on your tattoo. You may use Vitalitree, Tattoo Lovers Care Salve, A&D, or an unscented lotion (with no alcohol in the lotion) – whatever you know you’re not allergic to. Always use **clean hands** and do not place your fingers back into the ointment after touching your tattoo. Make sure to rub the ointment in so that it is not shiny, or greasy– **you want the thinnest amount possible**. Pat off any excess ointment with a clean paper towel. **Do not** use Vaseline, petroleum, Neosporin, or Bag Balm. Wash, dry and apply ointment 3-5 times daily, as needed. You want to do this for up to 10 days. After 10 days, you can use Tattoo Lovers Care Cream to help the healing—~~process even further.~~

On the first night, you may want to wrap your tattoo in saran wrap to prevent sticking to your bedding. Do not use any cloth bandages or pads, as the fibers of this material can adhere to your open tattoo and hinder the healing process.

- Wear clean, soft clothing over your tattoo for the first 2 weeks– nothing abrasive or irritating. For a foot tattoo: go barefoot as much as possible. If you must wear shoes, first wrap your clean tattoo in saran wrap, then cover with a clean cotton sock before putting on your shoe. Avoid sandals or flip-flops for this period to prevent chafing and damage to the tattoo.

After day 3 or 4: On the 3rd or 4th day your tattoo will begin to peel. This is normal! Do not pick at the skin. Begin using a mild, white, unscented lotion, free of dyes or Perfumes.

- **On or around Day 10:** Use lotion or Tattoo Lovers Care Cream to keep your tattoo from drying out. Continue to use for up to 2-3 weeks.

Things to Avoid

- Do not pick, scratch, peel, slap, rub or irritate your tattoo.
- Do not use a bar of soap
- You can shower, but you may not soak your tattoo for 2 weeks. No swimming, soaking or hot tub.
- You may not expose your tattoo to UV rays or heat for at least 3 weeks, after that you must use sun block. Do not apply sun block to a fresh tattoo!
- Do not wear abrasive materials, jewelry, or shoes that rub against your tattoo.
- Do not let anyone touch your tattoo, unless they wash their hands.
- Beware of gym equipment; wash it well before using it.

You Can Also

- Ice your tattoo to reduce swelling.
- Elevate your tattoo, to reduce swelling.
- Take short showers.
- You can take Ibuprofen to help reduce swelling

Any questions, or concerns, please contact your tattoo artist or the studio.

At the first sign of infection or an allergic reaction, and report resulting from the tattoo to the artist and to the Texas Department of State Health Services, Drugs and Medical Devices Group, at 1-888-839-6676.