

DERM SHIELD AFTERCARE PROCEDURES

Following these aftercare instructions for the full two weeks is the best way to ensure your tattoo heals properly and should result in a lifetime of beautiful art! Finally, please reach out to us with any concerns regarding aftercare and healing!

- **Aftercare:**

Today:

- No action required! Just rest and drink lots of water!

Tomorrow:

- Wash your hands with gentle, unscented soap!
- Gently remove the bandage in the direction of your hair growth. It is easiest to remove the bandage in the shower while it is warm and wet, using soap to loosen the adhesive. **After removing the first bandage you have 20 minutes to place your second bandage.**
- Once your tattoo is clean (with clean hands) pat your tattoo dry with a clean paper towel. Your skin needs to be completely dry in order for the new bandage to adhere properly.
- To apply the new bandage, peel back the paper side and place the bandage on your tattoo. **Take your time!**
- Gently smooth out the bandage to ensure there are no wrinkles or air bubbles. (It isn't the end of the world if you end up with a few small wrinkles and bubbles, just do your best!)
- Remove the plastic top layer (the one with the pattern.)
- Gently press on the bandage to ensure it is fully adhered to your skin.
- You can wear this bandage for up to 6 days.
 - You may shower as normal when healing with Derm Shield however very long or very hot showers may weaken the adhesion of the bandage.
 - Some peeling around the edges of the bandage is normal. You can trim the edges of the bandage off with clean scissors.
 - If the bandage peels up to the tattooed area you **MUST remove it!**
 - Some blood, ink, or clear fluid under the bandage is normal.
- [Click here](#) for a step by step tutorial for changing your bandage!

Day 7-14:

- Wash your hands with gentle, unscented soap!
- Wash your tattoo in the sink or shower with soap, water and your (clean) hands!
- Let your tattoo air-dry.
- Using as near to a pure shea butter as possible, apply a very small amount of ointment to your tattoo, **if and only if** it is feeling dry. Use just enough to cover the tattoo. If your tattoo is sticky or super shiny, you have used too much! There is no regimen for this, just go with what your body and tattoo need!

Continue the washing and ointment routine 1-2 times per day for **a week!**

If you have questions about aftercare, please reach out to your artist directly via email or Instagram Direct Messages:

- Rachel: @kira.scura
- Leslie: @artbylesliepodjun
- Ivanna: @inkvanna
- Trina: @pinupwizard

● **Dos:**

- **KEEP IT CLEAN!**
- Always wash your hands before touching your tattoo!
- Wash your tattoo with soap, water, and your (clean) hands!
- Use ointment *only* when your tattoo is feeling dry, tight, or itchy.
- Everything that touches your tattoo needs to be clean: hands, clothes, sheets, towels, everything!
- Allow any scabbing to slough off naturally.
- Apply an ice pack if the itching or pain is unbearable! Make sure that a clean cloth or shirt is between the ice pack and your tattoo.
- Reach out to us directly if you have questions about aftercare or healing!

- **Do Nots:**

- **No soaking** for at least two weeks! This includes baths, hot tubs, lakes, rivers, pools, hot springs, steam rooms etc. Anything that includes water or steam (outside of a shower or sink) is considered soaking.
- **Do not break a heavy sweat** for at least 72 hours after getting tattooed! Sweaty activities include: working out, gyms, yoga, climbing, summer sports, winter sports, saunas, sweat lodges, etc.
- Avoid friction! Do not rub, scratch, or pick at your new tattoo! Avoid tight clothing.
- Do not blow on your fresh tattoo! That is blowing spit into your open wound.
- Do not allow pets (or people, or children, or babies) to touch, lick, or sniff your tattoo! Pet and people hair are some of the fastest routes to infection!
- Do not use any products that accelerate the healing process such as Neosporin, aloe vera, Lubriderm Intensive Care, etc. These products will push the ink out of your tattoo and it will heal patchy!
- No petroleum based ointments!
- Do not use washcloths, loofahs, sponges etc. to clean your tattoo! (Hands only.)
- Do not rebandage your tattoo unless instructed by your tattooer. Air is the best thing for your tattoo!
- If you have questions about aftercare please do not ask the internet or other heavily tattooed friends or family! Your tattooer did your specific tattoo, please ask them what to do if you have questions!

- **Additional Information:**

- Your tattoo will likely be topically healed within two weeks but everybody is different! Your tattoo will likely take 1 full month to be fully healed.
- Some parts of the body heal more slowly than others!
- Some redness during the first stage of healing is normal!
- If you experience new or worsening redness after the seventh day of healing it may be a sign of infection.
- If you believe your tattoo may be infected:
 - **Reach out to your doctor** as soon as possible!
 - Please contact us so we are aware of the situation!
- If you notice red streaks coming out of your tattoo, or if it feels hot to the touch, please **contact your doctor immediately!**
- The itchy, flakey stage is a normal part of the healing process!

- **Product Recommendations:**

- Soap:

- Dr. Bronners, Baby Unscented, Rose, or Lavender **ONLY** the other flavors are too spicy for a new tattoo!

- Ointment:

- [Crybaby](#)
- [SecondSkin](#)
- [SheaMoisture 100% Raw Shea Butter](#), available at Target
- [Majestic Pure Shea Butter](#), available on Amazon



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