

OINTMENT 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:

- Wash your hands with gentle, unscented soap!
- Carefully remove the bandage 1-2 hours after getting tattooed, or right away when you get home. (Your tattoo may be “weeping” white blood cells, ink, and blood; this is normal!)
- Wash your tattoo in the sink or shower with soap, water and your (clean) hands!
- Let your tattoo air-dry.
- Begin your regimen of washing your tattoo 2-3 times per day. This means wash your tattoo once or twice more today.

Tomorrow-Day 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 the ointment provided (Cry Baby), or 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 2-3 times per day for **two weeks!**

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!
- Please contact us directly if you have any questions or concerns!

- **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



Contact Us: 303-443-1334 940 Kimbark St. Suite 4, Longmont, CO 80501

Contact BCPH: 303-441-1150 3450 Broadway Boulder, CO 80304

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