

TATTOO AFTERCARE INSTRUCTIONS

1. Keep the Tattoo Covered

Your tattoo artist will clean the tattooed area and then send you home with a bandage over your fresh tattoo. For the first few hours – a minimum of two hrs– keep the bandage on. If your artist used Tegaderm or Saniderm, you may keep it on for up to three days (but always confirm their instructions).

Before you remove your bandage, wash your hands thoroughly with antibacterial soap. From here, move on to washing your tattoo.

2. Wash Your Tattoo

Once the bandages come off, use a gentle, fragrance-free, liquid soap like Dial or Softsoap to clean the area. Wash with lukewarm water and pat it dry with a clean paper towel or let it air dry. Do not scrub the skin or rub it dry, as this can damage the healing area.

- Avoid harsh soaps or exfoliating products.
- Lukewarm water is ideal. Hot water may irritate the skin, while ice-cold water can slow the healing process.
- Wash your tattoo gently twice a day for the first two weeks to remove plasma, excess ink, and bacteria.

3. Moisturize

After cleaning your tattoo, using a moisturizer is a crucial step in tattoo aftercare. Keeping the area hydrated protects it from drying, cracking, and bleeding. Apply a thin layer of fragrance free moisturizer after each wash to keep the area calm and moisturized.

- Opt for tattoo-specific balms or products containing ingredients like shea butter, jojoba oil, or aloe vera, which are safe, nourishing, and effective for the healing process.

4. Protect Your Tattoo from the Sun

Your new tattoo is fragile and sensitive to UV rays. Sun exposure can cause fading and interfere with healing. Avoid direct sunlight for the first two to four weeks, and cover your tattoo with loose clothing if you need to be outdoors.

5. Avoid Strenuous Activity

Working out can introduce bacteria to your fresh tattoo through sweat, overstretch healing skin, and cause scabs to tear. Wait 48 hours before doing light activities like walking or cycling. For the first four weeks, avoid strenuous exercises and clean your tattoo immediately after any physical activity.

6. Avoid Tight Clothing

Wear loose, breathable fabrics over your tattoo during the healing process. Tight clothing can stick to lotions or gels, pull off scabs, and cause unnecessary pain or irritation.

7. Do Not Pick at Scabs

Scabbing is a natural part of the healing process. Picking at scabs can pull ink out of your skin, leading to patchy spots and scarring. Resist the urge to scratch, and use your moisturizer to calm any itching.

8. Avoid Swimming

Pools, hot tubs, and natural bodies of water expose your fresh tattoo to bacteria and chemicals, which can lead to infection. Avoid swimming for the first two to three weeks or until the scabs have fully healed. Showering is safe as long as you're gentle and avoid soaking the area.

Feel free to contact your artist or No Dice Tattoo with questions about healing at any time.

If you notice any signs of infection like excessive redness, swelling, pus, or fever, contact a medical professional immediately.