

**Tattoo and Piercing Aftercare Instructions**

If you have any questions about yourtattoo or piercing healing process, please contact us.

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**Tattoo Aftercare**

* Keep the first applied bandage for 24 hours. After 24 hours, remove the first bandage, wash your tattoo with antibacterial soap, let your tattoo dry and then apply the second bandage for another 24 hours. After removing the second bandage, let your tattoo dry for 4 days then apply an ointment onto your tattoo 3 times a day for 2 weeks.
* Never touch your tattoo without washing your hands.
* Only use your hands to clean your tattoo. Don’t use a cloth or anything else that could exfoliate it.
* After washing, pat your tattoo dry with tissue paper or paper towel, do NOT use bath towels as they hold bacteria.
* Don’t re-bandage after washing, because your tattoo needs to breathe.
* Use Tattoo ointment recommended by your artist to keep it at the proper moisture level.
* Apply a thin layer of Tattoo ointment on your tattoo. And also make a routine to wash, dry and apply tattoo aftercare products twice on a daily basis.
* Make sure to apply tattoo aftercare ointment daily, at least 2 to 3 times.
* To lower swelling, Ice your tattoo and also elevate your tattoo if desired.

**What to Avoid:**

* Don’t scratch, slap, pick, peel, irritate or rub your tattoo
* Avoid soaking in water, don’t go swimming for a couple of weeks.
* For at least 2 to 3 weeks do not expose your tattoo in direct sunlight.
* Avoid wearing jewelry, abrasive materials or shoes that could rub your tattoo.
* Wash your gym equipment before using them.
* Avoid using Vaseline on your tattoo! Vaseline blocks the skin pores and prevents proper aeration as well as increase the risk of infection. Vaseline may only be used as a barrier should the tattoo be exposed to a large amount of water, such as showering or bathing.

**Piercing Aftercare**

* Wash your piercings twice daily with soap.For oral piercings, use an alcohol-free mouthwash.
* Washyour hands thoroughly prior to cleaning or touching your piercing.
* Salinerinse as needed during healing. For certain placements it may be easier to apply using a clean gauze saturated with saline solution. A brief rinse afterward will remove any residue.
* Rinse thoroughly to remove all traces of the soap from the piercing. It is not necessary to rotate the jewelry.
* Dry by gently patting with clean, disposable paper products. Cloth towels can harbor bacteria and snag on jewelry, causing injury.

**What to Avoid:**

* Avoid moving jewelry in an unhealed piercing or picking away dried discharge with your fingers.
* Avoid cleaning with Betadine®, Hibiciens®, alcohol, hydrogen peroxide, Dial® or other soaps containing triclosan, as these can damage cells.
* Avoid ointments as they prevent necessary air circulation.
* Avoid Bactine®, pierced ear care solutions and other products containing Benzalkonium Chloride (BZK). These can be irritating and are not intended for long term wound care.
* Avoid over-cleaning. This can delay your healing and irritate your piercing.
* Avoid undue trauma such as friction from clothing, excessive motion of the area, playing with the jewelry, and vigorous cleaning. These activities can cause the formation of unsightly and uncomfortable scar tissue, migration, prolonged healing, and other complications.
* Avoid all oral contact, rough play, and contact with others' bodily fluids on or near your piercing during healing.
* Avoid stress and recreational drug use, including excessive caffeine, nicotine, and alcohol.
* Avoid submerging the piercing in unhygienic bodies of water such as lakes, pools, hot tubs, etc. Or protect your piercing using a waterproof wound-sealant bandage. These are available at most drugstores.
* Avoid all beauty and personal care products on or around the piercing including cosmetics, lotions, and sprays, etc.
* Don't hang charms or any object from your jewelry until the piercing is fully healed.