

Aftercare

Absorb (Day of)

- After the procedure, gently blot the area with clean tissue to absorb excess lymph fluid.
- Do this every 5 minutes until the oozing has stopped.
- Removing this fluid prevents the hardening of the lymphatic fluids.

Wash (Days 1-7)

- Wash daily to remove bacteria, build-up of product and oils, and dead skin. (Don't worry, THIS DOES NOT REMOVE THE PIGMENT!)
- Gently wash the area each morning and night with water and gentle soap or an unscented cleanser like Dial Soap, Cetaphil, or baby shampoo. With a very light touch, use your fingertips to gently cleanse the area.
- Rub the area in a smooth motion for 10 seconds and rinse with water ensuring that all soap is rinsed away.
- To dry, gently pat with a clean tissue. DO NOT use any cleansing products containing acids (glycolic, lactic, or AHA), or exfoliants.

Moisturise and hydrate (Days 1-7)

- Apply a tiny, rice grain amount of **aftercare gel** 3 times a day with a cotton swab and spread it across the treated area.
- Be sure not to over-apply, as this will suffocate your skin and delay healing. The product should be barely noticeable on the skin.
- NEVER put the product on a wet or damp tattoo.

Important Reminders

- Use a fresh pillowcase while you sleep.
- Let any scabbing or dry skin naturally exfoliate away. Picking can cause scarring or loss of colour.
- No facials, botox, chemical treatments or microdermabrasion for 4 weeks.
- Avoid hot, sweaty exercise for one week.
- Avoid direct sun exposure or tanning for 4 weeks after the procedure. Wear a hat when outdoors.
- Avoid long, hot showers for the first 10 days.
- Avoid sleeping on your face for the first 10 days.
- Avoid face-down swimming, lakes, and hot tubs for the first 10 days,
- Avoid topical makeup and sunscreen on the area.
- DO NOT rub, pick, or scratch the treated area.

Important Instructions for Showering

- Limit your showers to 5 minutes so that you do not create too much steam. Keep your face/procedure area out of the water while you wash your body, then, at the end of your shower, wash your hair.
- Your face should only be getting wet only at the end of the shower.
- Avoid excessive rinsing and hot water on the treated area.

Aftercare product use and washing the area

- Blot the treated area with a tissue for the first hour to remove the lymph fluid.
- Apply a very thin layer of the product with a cotton swab 3 times a day for 3 days.
 - Using the fingertips, gently wash the area with a non-scented soap or cleanser that your skin is already familiar with, morning and night, for 7 days.
 - Avoid washcloths and scratching or picking at the tattoo during the healing process.
 - Avoid hot tubs, steam rooms, public pools, sweaty exercise, or submerging the tattoo in water for the first 10 days.
 - Avoid direct sunlight or tanning beds for 2 weeks after the tattoo.
 - Avoid putting makeup on the area for the first week.

- Avoid facials, chemical peels, or microdermabrasion for 4 weeks.