

## *The Copper Phoenix Tattoo Aftercare Instructions*

Thank you for choosing The Copper Phoenix for your new tattoo, we appreciate your trust and always strive to do the best tattoo work possible! Now comes the second step in the process and where we need you to take over and heal your new tattoo properly! There are generally two methods for healing that we recommend, please refer to the section of these instructions that apply to your chosen method. Additional notes at the end of these instructions apply to both methods.

### **Adhesive film healing (Tegaderm, Saniderm, Ultraderm, etc)**

You will leave the studio with your first piece applied, keep this piece on for 8 to 24 hours (a full 24 hours is preferable but if you start weeping fluid from under the corners, go ahead and replace it at this time).

At the 24 hour mark, run the film under warm water, this helps soften the adhesive for removal. Gently peel back the film to remove. Wash the entire area gently with unscented antibacterial soap using **clean hands only** (bath scrubs, loofahs and washcloths can harbor bacteria and are typically too coarse and can potentially damage your new tattoo). Once clean, pat the area dry using clean paper towels and allow the area to air dry completely. Once the area is dry, apply the second piece of film that was given to you at your appointment, covering the tattoo completely.

The second piece should be worn for 3 to 5 days (5 is preferred if possible). Once the second piece is removed, clean the area again using antibacterial soap and begin moisturizing using a quality lotion to complete the healing process. We recommend Hustle Butter or After Inked but products such as Aquaphor will also work!

***\*Important!*** - In some cases, skin does not tolerate the adhesive in these films. If at any time while wearing yours you experience excessive redness (starting around the edges of the film) or excessive swelling, immediately remove the bandage, wash with antibacterial soap, moisturize and complete healing your new tattoo using the traditional method listed below.

### **Traditional Method Healing**

With this method, you will leave the studio either with a bandage or plastic wrap in place. Leave this on for one hour, this will give you time to get home so you can properly clean and care for your new tattoo.

Using **clean hands only**, gently remove the bandage or wrap and wash with unscented antibacterial soap using **clean hands only** (bath scrubs, loofahs and washcloths can harbor bacteria and are typically too coarse and can potentially damage your new tattoo). Lightly pat dry your tattoo using clean paper towels (never rub a fresh tattoo, it can be damaging to your new tattoo and it just plain hurts!). Let your tattoo air dry for a few minutes after patting dry.

Once dry, apply a **thin** layer of moisturizing lotion over your tattoo. Do not cake on the lotion, this can prevent your skin from "breathing" and can inhibit the healing process. We recommend Hustle Butter or After Inked but products such as Aquaphor will also work!

Repeat this cleaning process 3 to 5 times a day for the first 3 days.

The first three nights you will want to protect your tattoo from drying out. Do your final wash and lotion as described above, then wrap your tattoo in plastic wrap. Remove the wrap when you get up and do your first clean and moisturize as described above. This will help minimize the chances of scabbing as your skin completes closing up.

After three days of this routine, you may resume your normal personal hygiene regimen but continue to keep your tattoo moisturized for the next two to three weeks as your skin completes healing.

These instructions are designed to minimize the chance of scabbing but if you do develop a scab, **don't panic and DON'T PICK OR SCRATCH IT!** Allow the scab to run its course and fall away on its own. Picking **will** pull pigment from your skin and result in damage to your new tattoo.

### **Additional notes for both methods**

Tattoos typically will begin to itch at some point during healing. You must **NOT** scratch your new tattoo, doing so can damage your new tattoo and potentially cause skin damage in the process! You may pat the area to help relieve itchiness though.

During the first two weeks after being tattooed, avoid submerging your tattoo in water for long periods of time. Showering is fine (and encouraged!), but avoid baths, pools, lakes, ocean, etc. during this time.

Sun exposure is a tattoo's number one enemy. During the healing period, keep your tattoo covered by clothing completely and after you have healed make sure to use a minimum 30 SPF sunscreen to help keep your tattoo looking as good as it can for as long as it can!

Wear loose fitting clothing around your new tattoo until it is fully healed. Tight fitting clothes can rub excessively and potentially damage your new tattoo.

If you have any questions during the healing process, please don't hesitate to contact us at [copperphoenixindy@gmail.com](mailto:copperphoenixindy@gmail.com) We're happy to help answer any questions that you may have!

*Thank you for visiting The Copper Phoenix, enjoy your new tattoo!*

### **\* DISCLAIMER:**

These guidelines are based on a combination of vast professional experience, common sense, research and extensive clinical practice. This is not to be considered a substitute for medical advice from a doctor. If you suspect an infection, seek medical attention.

