

UNDER MY SKIN TATTOO

Aftercare Guide — Atlantic Highlands, NJ

How quickly you heal depends on the size and placement of your tattoo or piercing. Follow these guidelines closely for the best results, and call the studio with any questions about your specific piece.

TATTOO AFTERCARE

Bigger tattoos will stay red and swollen longer because they cause more trauma to the skin. Here's how to care for your new piece in the first 30 days and beyond.

- 1 **Day 1:** You'll come home with a dressing over your tattoo. Your artist will tell you how long to wait before removing it. Plastic wrap/gauze can usually come off within an hour; medical-grade adhesive ("second skin" – Dermalize, Saniderm, Tegaderm, etc.) is designed to last several days.
- 2 Some oozing of blood, plasma, and ink is normal. Skin will be red, sore, and slightly warm.
- 3 When removing the dressing, wash your hands first, then gently peel back the wrap. Use warm water and fragrance-free soap to cleanse the area.
- 4 **Ongoing:** Stay hydrated and protect your skin's elasticity. Prevent sun damage – wear sun-protective clothing and use sunscreen to keep your ink vibrant.
- 5 **Soap:** Use a mild, fragrance-free soap or specially formulated tattoo cleanser (Dove Sensitive Skin Beauty Bar is a common recommendation).
- 6 **Ointment:** A+D Original Ointment for the first day or two, then switch to Aquaphor Healing Ointment, or Tattoo Tony's Tattoo Aftercare.
- 7 **Lotion:** Switch to a fragrance-free, alcohol-free lotion after the first week.

Questions about your specific tattoo? Call the studio at (732) 872-4092.

PIERCING AFTERCARE

There's no single routine that works for everyone – different bodies, lifestyles, and climates call for different care. New piercings should be cleaned twice daily for the entire healing period. Don't overclean.

- **Use a sterile saline spray** to thoroughly irrigate the area – don't just dip a cotton swab and dab it on. Popular brands: H2Ocean®, Steri-Wash®, NeilMed®, Simply Saline™.
- Clean twice a day, no more – over-cleaning can irritate the piercing and slow healing.
- Your immune system does the healing; your job is to keep the area clean and dry.
- Avoid rotating or twisting jewelry unnecessarily during healing.
- Watch for signs of infection (excess redness, swelling, discharge, fever) and contact the studio or a doctor if you're concerned.

Questions about your specific piercing? Call the studio at (732) 872-4092.

Under My Skin Tattoo · 73 Memorial Pkwy, Atlantic Highlands, NJ 07716 · (732) 872-4092 ·
Undermyskinshop@gmail.com