

SACRED HEART STUDIOS AFTERCARE INSTRUCTIONS

Thanks for choosing Sacred Heart Studios. You have agreed to follow all instructions concerning the care of your tattoo and that any touch-ups needed due to your own negligence will be done at your own expense.

Upon completion of the tattoo your new body art will be wrapped to protect it from airborne bacteria. Leave the wrap on for 1-2 hours, but do not remove it until you are able to wash the tattoo immediately. You will NOT need to wrap it again.

During the healing process follow these 3 simple rules for the best results.

1. **KEEP IT CLEAN:** Wash your tattoo at least twice a day, every day with liquid antibacterial soap making sure to rinse all soap residue thoroughly. After washing, allow your tattoo to air dry or dab gently with a soft towel. Avoid activities or situations that put your tattoo in direct contact with unsterile surfaces or liquids, such as gym equipment, or public bodies of water.
2. **DON'T LET IT DRY OUT:** If the skin is allowed to dry and crack, even at a microscopic level, it will be easier for your body to reject ink. Use a lotion, cream or ointment to maintain a healthy moisture level in the area of the tattoo. Over application of ointment can cause the skin to soften making it easier for your body to reject ink. Use healthy skin as a reference, if the freshly tattooed area is dryer than your healthy skin, add moisturizer, if it's wetter, dab some off. Avoid direct exposure to sunlight.
3. **KEEP YOUR HANDS OFF IT:** Your hands are exposure to lots of bacteria. Keep in mind that your tattoo is an open wound and touching it with unwashed hands is the number one cause of infection.

Signs of infection:

There is a possibility of getting an infection as a result of receiving a tattoo. Signs and symptoms of infection include but are not limited to, redness, swelling, tenderness of the procedure site, red streaks going from the procedure site to the heart, elevated body temperature or purulent drainage from the procedure site. *Seek professional medical attention if signs and symptoms of infection occur.*

Specific Areas:

- Be aware of clothing or accessories that tend to rub excessively on a healing tattoo.
- Purses and backpacks can rub on *shoulder or rib tattoos*.
- Tight fitting clothing, especially jeans tend to irritate healing tattoos
- **FOOT AND ANKLE TATTOOS:** Wear open, or no shoes whenever possible while healing a foot tattoo. Tattoos on the foot or ankle are more likely to get infected than most other tattoos as a result of bacteria being kicked up from the ground. Take extra care to wash regularly and thoroughly.
- As a general rule, if something is causing your tattoo to hurt, you have a problem.

Products we recommend: Hustle Butter; antibacterial soap such as Liquid Dial or Softsoap, A&D Ointment, Aquaphor, any good quality non-scented, lotion. Please discuss any other product with your tattoo artist prior to use.