

# TINY TATTOO PRE CARE



**How you care for your tattoo is just as important as the treatment itself when it comes to healed results. You will be emailed a detailed explanation of your post care procedure before your appointment and your artist will also verbally explain it to you during your appointment.**

## **In the run up to your tattoo**

- No Antibiotics.
- Maintain a good hygiene and skincare routine to keep skin healthy and prevent ingrown hairs.
- Wear SPF Factor 50+.
- No deep exfoliating treatments/chemical peels/resurfacers/laser treatments in the treatment area
- Discontinue use of Vitamin A derivatives (Retin-A, Retinol, Retinals), AHAs, BHAs, blood thinning supplements or vitamins and physical skin exfoliants (walnut/salt)
- Continue grooming as wanted / per usual.
- No sunbeds or excessive exposure to sun, no fake tan.
- When needed use a muslin cloth, flannel or a sponge for gentle exfoliation during baths and showers.
- Ensure the skin is moisturised and you are well hydrated. Hydrated skin retains ink better.

## **48 hours before your tattoo**

- Discontinue use of blood thinners and anti-inflammatories such as aspirin and ibuprofen (DO NOT come off any prescription / medically recommended blood thinners without medical consent).
- Ensure your skin is in good condition, ie: no spots, no ingrown hairs, no irritation, well moisturised etc

## **24 hours before your tattoo**

- No alcohol
- Stay well hydrated.
- Prepare for appointment by checking appointment time, address, etc

## **The day of your treatment**

- No caffeine/alcohol/exercise.
- No make-up or fake tan in the area.
- No sunburn or active open sores or spots (including razor burn) near the treatment area
- No colds/flu/illnesses. If you arrive to your appointment unwell your treatment will be rescheduled and booking fee forfeited.
- Make sure you eat before your appointment.
- If any hair in the area, please remove hair beforehand.

# TINY TATTOO AFTERCARE



Depending on your tattoo, its location and how your body responds, you may, or may not, have a 'second skin' adhesive film dressing or cling film applied to your tattoo, or it may be left to 'breathe'.

Redness, swelling and minor discomfort is completely normal following a tattoo procedure. This will subside within the following 12-24 hours. Do not wear any tight clothes which will put pressure onto the tattoo or will be abrasive.

## IF A DRESSING IS APPLIED:

**Keep your dressing on until it begins to come away naturally - this is usually 3-5 days.**

Do not be alarmed if there appears to be ink mixed with plasma creating a bubble beneath the dressing. This is completely normal.

Day 2-5: If it doesn't come off on its own, remove your dressing by rolling back the edges of the dressing to release one of the corners then pull the dressing outwards keeping it close to the surface of the skin. Repeat this motion as you move round the edges of the dressing until it comes away. Gently wash your tattoo to remove excess pigment or plasma with warm water, and a gentle antibacterial soap (if you wish - water alone is also fine!). Pat (don't wipe) the tattoo dry using kitchen roll (not a towel!). With clean hands or a cotton bud, apply a very thin layer of aftercare ointment (bepanthen, after inked, hustle butter etc - NOT Vaseline) to the tattoo. The aftercare should melt into the skin and not sit on top of it, it may be that it needs to be 'warmed' on on the back of a clean hand to ensure a thin layer is applied. A thick layer risks infection.

## IF NO DRESSING IS APPLIED:

Day 1-5 (or tattoo begins to feel 'dry'): Gently wash your tattoo 3x a day to remove excess pigment or plasma with warm water, and a gentle antibacterial soap (if you wish - water alone is also fine!). Pat (don't wipe) the tattoo dry using kitchen roll (not a towel). With clean hands or a cotton bud, apply a very thin layer of aftercare ointment (bepanthen, after inked, hustle butter etc - NOT Vaseline) to the tattoo. The aftercare should melt into the skin and not sit on top of it, it may be that it needs to be warmed on on the back of a clean hand to ensure a thin layer is applied. A thick layer risks infection.

## FOR BOTH METHODS:

**From day 5, or when the tattoo begins to feel dry - Apply aftercare balm to the area a minimum of 2 times per day. If the tattoo is feeling tight throughout the day, additional applications of aftercare balm can help provide relief and keep the skin nourished.**

It is imperative that you allow any scabs / flakes to shed away from the skin naturally or during gentle washing and that you do not cause premature lifting or exfoliation as this can cause poor pigment retention, patchiness and scarring - aka:

**DO NOT PICK!**

**Day 8+: Shower as normal and continue using a gentle cleanser on the tattoo until any remaining scabs or dry skin have healed. Continue to use aftercare balm for the duration of any post healing dry skin.**

# TINY TATTOO AFTERCARE



Remember, once new skin has healed over the ink, the lines will always be softer and slightly more blurred than they were originally implanted. Fine line tattooed are prone to patchiness or inconsistent retention and are at a higher likelihood of needing retouches. If an additional treatment is needed, you must wait a minimum of 4 weeks before the same area of skin can be tattooed again.

**Hygiene & Moisture:** -Do not get your tattoo wet during the healing process apart from when cleaning them as directed.

-Do not submerge the dressing or expose tattoo in water until the flakes have all come away naturally. If it does get wet, pat dry with kitchen roll - don't rub.

-Do clean your tattoo on day 2 and 4 before reapplying your dressing.

-Do continue with normal hygiene routine from day 7 onwards.

**Aftercare Balm:** -Do not apply any products on or around the tattoo other than the aftercare balm

-Do apply the aftercare balm as directed & continue until post tattoo dry skin settles or until finished, at which point you can switch to a normal moisturiser

**Exercise:** -Do not perform high intensity or sweat inducing exercises for a minimum of 5 days, ideally 7

-Do not exercise with others / in public gyms for a minimum of 7 days, ideally 10

-Do not have hot steamy showers / baths or use steam rooms / saunas for a minimum of 10 days

-You can do low intensity exercises at home if needed such as gentle yoga, low intensity weights, walking etc

-Ensure baths / showers are not hot enough to cause steaming and sweating of the skin.

**Picking, Itching & Scratching:** -Do not pick, pull, itch, rub, scratch or touch the tattoo apart from when cleaning or applying the aftercare balm as instructed

-Do follow the aftercare steps by removing dressing, cleaning, drying, apply aftercare balm and new dressings when required.

-Ensure to have hygiene at the forefront of your thoughts.

**Sun Exposure:** -Do not expose your tattoo to sun beds or excessive sun exposure for a minimum of 2 weeks post procedure

-Once the tattoo is healed, wear a high factor SPF from there on out to prevent premature fading or colour shift

**Skincare:** -Do not use skincare products around the tattoo which contain AHA's, BHA's or Vitamin A derivatives for 30 days

-If you are due another session, discontinue use until 30 days after your final session

-Do continue to look after and cleanse the skin using a gentle skincare routine

**Healing:** -Do not resume hair removal / grooming services such as waxing, shaving or epilating for a minimum of 3 weeks post procedure or until dry skin is no longer present.

-Do strictly follow the aftercare instructions to heal your tattoo as quickly and healthily as possible.

-Do not wear tight clothing during your tattoo healing period, wear loose comfortable clothing whilst your tattoo goes through the healing phases. Causing pressure or abrasion to the tattoo can trigger irritation, swelling and inflammation. It can also cause premature exfoliation of pigment leading to patchy or reduced ink retention and possibly scarring.

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