

TATTOO AFTERCARE PROCEDURE PLEASE READ

The bandage needs to be removed and washed two hours after the tattoo is done.

If a second-skin is applied then please keep it in place for 24 hours.

Use lukewarm water and mild, liquid antibacterial soap to gently wash away any ointment, blood and/or plasma and to completely clean the area.

Do not use a washcloth or abrasive material that will result in skin irritation. Your hand is best tool in this case.

Afterwards, pat (do not rub) the area firmly with a CLEAN towel or paper towel to get it completely dry. Follow with a VERY LIGHT application of ointment. Keep moisturising for 14 days, applying 3-5 times a day.

BATHING, SHOWERING, HOT TUBS AND SWIMMING

Yes, you can (and should) shower with a new tattoo. It is OK to get your tattoo wet - just don't soak it. Submerging your tattoo in a bath or hot tub can cause serious damage, so you'll want to avoid those for 2-3 weeks, but showering is perfectly fine. Swimming - whether it is a pool, fresh water or salt water should be avoided for at least 2 weeks.

SCABBING AND PEELING

After a few days, you will notice some peeling and possibly a little scabbing that is in fact normal and there is no need to panic. It will also start to itch, just like sunburn when it begins to heal. The advice here is; don't pick, and don't scratch it! If the skin itches, pat it. If the tattoo is peeling, apply lotion on it. If it is scabbing, just leave it alone. Your tattoo is almost healed and now is not the time to ruin it!

PROTECTION FROM THE SUN

Avoid sun exposure for the first 14 days of getting your tattoo. Tattoos always need to be protected from the sun's UV rays even after it is completely healed. Sun's rays can fade and damage a brilliant tattoo very fast. Before spending a lot of time in excessive heat, protect your tattoo with minimum 30SPF sunblock. This will keep your tattoo vibrant for years, and will continue to be a source of great pride!

A TATTOO ISN'T COMPLETED UNTIL IT IS FULLY HEALED

PIERCING AFTERCARE GUIDELINES FOR BODY PIERCING

Suggested Aftercare Guidelines for Body Piercing

CLEANING SOLUTIONS

- Sea salt mixture: Dissolve ¼ teaspoon of (iodine - free) sea salt into one cup 250ml of clean, warm boiled or bottled water. A stronger mixture is not better; a saline solution that is too strong can irritate the piercing.
- BPA Piercing Aftercare solution.
- Alcohol - free mouthwash for oral piercings.

CLEANING INSTRUCTIONS FOR BODY PIERCINGS

- WASH your hands thoroughly prior to cleaning or touching your piercing for any reason.
- SOAK for five to ten minutes TWICE per day. Invert a cup of warm saline solution over the area to form a vacuum. For certain piercings it may be easier to apply using clean gauze or cotton buds saturated with the solution. A brief rinse afterward will remove any residue.
- DRY by gently patting with clean, disposable paper products. Cloth towels can harbor bacteria.

WHAT IS NORMAL

- Initially: some bleeding, localized swelling, tenderness, or bruising.
- During healing: some discolouration, itching, secretion of a whitish- yellow fluid (not pus) that will form some crust on the jewellery.
- Once healed: the jewelry may not move freely in the piercing; no not force it. If you fail to include cleaning your piercing as part of your daily hygiene routine, normal but smelly secretions may accumulate.
- A piercing may seem healed before the healing process is complete. This is because tissue heals from the outside in, and although it feels fine, the interior remains fragile. Be patient, and keep cleaning throughout the entire healing period.

WHAT TO AVOID

- Cleaning with Bactine, alcohol, hydrogen peroxide, Detol or other harsh soaps, as these can damage cells. Also avoid ointments as they prevent necessary air circulation.
- Over-cleaning. This can delay your healing and irritate your piercing.
- Undue trauma such as friction from clothing, excessive motion of the area, playing with the jewelry, and vigorous cleaning. These activities can cause the formation of unsightly and uncomfortable scar tissue.
- All oral contact, rough play, and contact with others bodily fluids on or near your piercing during healing.
- Submerging the piercing in unhygienic water such as lakes, pools, hot tubs, etc. Or use a waterproof wound-sealant bandage.

HINTS AND TIPS

- Unless there is a problem with the size, style, or material of the initial jewelry, leave it in the place for the entire healing period. See a jewellery-qualified piercer to perform any jewellery change that becomes necessary during healing.
- With clean hands or a paper product, be sure to regularly check threaded ends on your jewellery for tightness.
- Maintain cleanliness of telephones, headphones, eyeglasses, helmets, hats and anything that contacts the pierced area.
- During healing, it is not necessary to rotate your jewellery.
- The healthier your lifestyle, the easier it will be for your piercing to heal.

A PIERCING ISN'T COMPLETED UNTIL IT IS FULLY HEALED. THIS TAKES ACTIVE PARTICIPATION ON YOUR PART.