



## **HEALING INSTRUCTIONS FOR TATTOOS DONE BY TANNA**

Leave the bandage on your fresh tattoo at least 2-3 hours to give it a chance to calm down, longer if a lot of area has been covered or time has been spent on it in one sitting. Once you have taken the bandage off, gently wash it with an antibacterial soap (like Dial) to get all the excess fluids off. It may look like it is “seeping ink”, that is completely normal at this point and will not effect the outcome of your tattoo at all. It will probably be a bit red, swollen, and sore, that is normal. Taking an over the counter pain reliever and putting some ice on it will help bring the swelling down if needed. Once you have washed it, gently pat it dry and begin applying an unscented lotion to it 2-3 times a day, or any time it starts to feel dry and itchy. I recommend Aquaphor, Cetaphil, or products made for tattoo healing such as Aquatatt, Tattoo Goo, or Hustle Butter. Keep applying the lotion to your tattoo multiple times a day for the next couple of weeks until your tattoo has fully healed and peeled. Most people will have a peel similar to a sunburn within 2 weeks or so, but everyone is different and no part of the body heals the same. As it heals your tattoo will itch, and it will drive you crazy. **DO NOT PICK AT IT.** Picking leads to scabs and infections, and lost ink and blotchy artwork. If your tattoo is itching, apply more lotion or slap at it, just do not pick! Avoid hot tubs, pools, lake water, or anything where your tattoo will be soaking in water for any period of time as it heals. It may get a little wet when bathing and you may wash it once a day with a little soap, just don't scrub at it with a washcloth or loofah. If it does get dirty, absolutely wash it. If infection does occur, applying a hot compress to the area will help pull the infection out and an antibacterial ointment should help clear it up. Of course at the first sign of any infection, do not hesitate to go in to your doctor! Once your tattoo has fully healed you must remember to put sunscreen on it any time you are in the sun or it will fade. Nothing breaks down tattoo ink better than a good unhealthy dose of UV rays!

I offer free touch ups on all my tattoos for the first three months after the date of the tattoo procedure. Any additional touch ups or any touch ups outside of that three month time frame will require a \$30 touch up fee.

If you are unsure of how your tattoo is healing, please contact me and I will happily help you out!

**tanna@thebeesnesttattoo.com**  
**701.552.1732**  
**www.thebeesnesttattoo.com**