

# Lammergeier Studio

## T A T T O O aftercare

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Please read this sheet thoroughly; proper aftercare is crucial for your safety and the outcome of your tattoo. If aftercare is not properly followed, your tattoo will not heal well. Please email [TheLammergeierStudio@gmail.com](mailto:TheLammergeierStudio@gmail.com) if you have any questions at all!

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- Leave film on for 36-48hrs. If it begins to peel up to where it allows air into it, remove the film at the first sanitary opportunity regardless of how long it's been on.
- Remove film by running warm water over it and gently/slowly peel the film off. Peel at a 45° angle to the skin. (I highly recommend fresh bedding the first night you sleep with an exposed tattoo).
- Wash 2-3x per day with Cetaphil foaming cleanser (preferred) or Aveeno ultra calming foaming cleanser. Pat dry with a paper towel (do not use anything reusable on it during healing). Always use freshly cleaned hands to wash.
- Leave completely dry and open to the air for 1-2 days **after** removing the film. Do not put anything on it but do continue to wash 2x per day during this time.
- Take shorter, cooler showers to avoid excess steam & heat and do not soak in water. (**No baths/swimming/saunas for 4-6 weeks**). Pat dry with paper towels when you get out of the shower.
- Apply healing cream starting after the 1-2 days from when you removed the film. use an extremely thin layer, like ChapStick. the healing cream is just a barrier, you are not really trying to moisturize- do not overdo it or it will get gunky & lighten the entire tattoo.
- Apply cream 2-3x per day. Less is more. If your skin is not feeling really dry, no need to use it or just do 1x. If your tattoo is oozy or wet to the touch, avoid using healing cream- bacteria thrives in a moist environment so *when in doubt, dry it out!* Use cream until fully healed if necessary.
- It is extremely important to **keep your tattoo out of the sun** during healing and do not exercise/sweat until 3-4 days after the flaking is completely gone (typically 7-14 days, this varies by person and size of tattoo). It takes 6-8 weeks for the skin to fully heal, I strongly advise you do not swim in that period of time.

### **DO NOT:**

- Let your pet lick your healing tattoo.
- Pick, rub or itch your tattoo. All flaking/scabbing must come off completely on its own. if pulled off prematurely, it can damage your skin and will pull the ink out.
- Expose your new tattoo to the sun.
- Swim with a healing tattoo.
- Touch your tattoo with unclean hands.
- Wrap your healing tattoo in plastic or any form of barrier.
- Coat your tattoo in Vaseline or any product other than what is provided by your artist.

Once healed, always wear sunscreen on your tattoos, it will dramatically maintain the life and color of them:)