



# Cosmetic Tattoo

## After-Care Instructions & What to Expect

### **Aftercare is very important for producing a beautiful and lasting result.**

Please follow these instructions for at least 7 days after the procedure to improve and prolong the results. If you don't follow these instructions, it can greatly affect your results. Avoid getting anything on the treated area, including water, except for cleansing as directed. You may blot for the first few hours with sterile gauze to remove any excess fluids, if necessary.

### **Cleansing**

Every 1-3 hours, apply the after-care ointment directly on the treated area. If needed, wash lightly with slightly damp Q-tips or sterile cotton balls and mild or green soap (non-scented orange Dial soap is a great option). Repeat the ointment application very gently during the first 2 days. When washing, it should be very gentle and with hardly any water. Avoid saturating the area with water, as treatment areas heal faster when they remain dry. After the initial 2 days of washing, you may very sparingly apply balm to hydrate the area for dryness relief. Do not pick or rub the treated area. The flakes must fall off on their own or you will risk removing the color and possibly scarring.

- Do not soak the treated area in the bath, pool or hot tub. For 30 days, refrain from swimming in salt water or chlorinated pools, saunas, hot yoga, steam rooms or sun beds.
- No exercise for 7 days. After 7 days – try to keep the area free of sweat.
- Do not expose treated area to direct sunlight. After completely healed (30 days), use a sunscreen to avoid fading from the sun.
- Treatment area will scab or become slightly dry following the treatment. If the area is itchy, **DO NO SCRATCH.**
- If the treatment area gets wet during the healing process, pat the area dry with a towel, **DO NOT RUB.**
- Avoid using daily skincare products directly on the treated area.
- Chemical peels, or any other medical procedure should only be done once the healing process is complete; please take this into consideration if you're scheduling a touch-up as they cannot be done 6 weeks prior to cosmetic tattoo procedures.
- No makeup should be applied directly on the treated area during the healing process (30 days).
- Do not touch, rub, pick or scratch the area following treatment or during healing process.
- Call, text or email us with any questions or concerns.
- If you are due to give blood after the procedure, please inform your nurse about your cosmetic tattoo treatment as this might alter the results.

### **What to Expect**

Initially, the treated area will appear more bold than usual. Over the next few days after the procedure, the area may darken during the healing process. This is normal and this is not the way the area will remain. Around 7-14 days, you may notice some flaking/shedding of the skin near the treated area.

Think of this as very small “scabs” falling off the skin now that the skin underneath has healed. You may feel they appear uneven at times because of this. When the skin flakes off, many times the cosmetic tattoos appear very light or sometimes it seems that they have disappeared. This is very normal. This is because there is still a thick layer of protective, opaque skin creating a veil over the pigment. Once you go through a skin cycle (4-6 weeks) the pigment will typically reappear but will be about 30-50% lighter than it was immediately after the procedure.

**FAILURE TO FOLLOW AFTER-CARE INSTRUCTIONS MAY RESULT IN INFECTIONS,  
PIGMENT LOSS OR DISCOLORATION.**