

## FierceNatured Ink Tattoo Aftercare instructions

To allow your tattoo to heal properly and help prevent infection please follow the following instructions:

1. Keep the protective dressing intact for the next 24 hours. After that time has passed, carefully remove the dressing. Once the dressing is removed follow the instructions below. {If using spray on bandage, skip this step and begin step 2 once bandage begins flaking or peeling off. This could take several days up to a week.}
2. Most importantly, keep your tattoo as clean as possible! Do not soak in a bathtub, hot tub. Swimming in pools or natural bodies of water is also not recommended. Avoid contact with water from natural sources such as lakes, rivers, streams, ponds, oceans etc. until it has completely healed. If you will be participating in any activity where there is a risk the area may become dirty, cover the area with a waterproof dressing for the duration of the activity.
3. For the first 3 days, 3-4 times daily, with clean hands only, gently wash the area with cool water and a mild unscented soap, rinse and pat dry. Apply a THIN layer of antibiotic ointment to the entire area. (bacitracin zinc ointment, triple antibiotic ointment and Neosporin are all good options)
4. After the first 3 days you may continue using the antibiotic ointment if you wish, but may switch to an unscented moisturizing lotion, 3-4 times daily. It is very important to keep the area moisturized throughout the entire healing process. If scabs develop DO NOT PICK. Skin may also peel some after several days, again DO NOT PICK! Allow any peeling or scabbing skin to slough off naturally in the shower, when it's ready!
5. Keep your new tattoo covered with clothing if you plan to be out in the sun. Once the tattoo is healed using a 30 SPF sunscreen will help to maintain the integrity of your tattoo. Tattoos fade and blur faster with sun exposure.
6. It is normal for the tattooed area, and the area around your tattoo to have some swelling, redness and inflammation. It may also leak blood-tinged clear fluid (serous fluid) mixed with some of the tattoo pigment. This is also normal. This should subside within 48-72 hours. It's going to be tender and sore. You may use ice packs or over the counter anti-inflammatory medications to ease these symptoms, if you are able. Ibuprofen and Tylenol are both good options. Topical medications such as Bactine with lidocaine spray may also ease the soreness. Itching can last for several weeks and is usually mild. Benadryl cream or hydrocortisone cream are good options for this. Use all medications as per the directions on the label. If you have ever been told by a medical professional to avoid any of these medications, do not use them and contact your physician for advice to control pain and or itching.
7. If any signs or symptoms of infection should arise you need to see a doctor as soon as possible. Infections can be serious, do not delay treatment. Signs of skin infection include redness, pain and swelling that are worsening, instead of improving and any new or unusual drainage from the tattoo area after the first few days. Raised and hardened area of the skin within or around the tattooed area, red lesions around the area, red streaks coming from the area, fever, chills, abnormal shivering, are all symptoms that should be checked out by a physician.
8. Depending on many factors your new tattoo should be fully healed in 6-8 weeks.