

Aftercare Guidelines

How to Take Care of Your New Tattoo

Now you have a fresh new tattoo and you want to take good care of it! From this point on, your artist is not responsible for any infection or problems you may have with your tattoo if you don't take care of it. It is very important that you follow these guidelines. A really beautiful tattoo can turn into disaster if proper aftercare is not taken.

Leave that Bandage Alone!

Your artist took care to cover up your new tattoo for good reason - to keep air-borne bacteria from invading your wounds. Yes, as pretty as your new tattoo is, it is still a wound. You want to be careful with this, specially since it's not as simple as playing casino games. Open flesh is a breeding ground for bacteria and infection. Leave the bandage on for a minimum of two hours. Excitement of having a new tattoo will make you want to remove the bandage so you can show your friends, but your friends will just have to wait until later.

The only exception to this rule is if your artist covered your tattoo with saran wrap or some kind of plastic. This is extremely detrimental to a tattoo, so it should be removed immediately. Your better off not having any covering than to suffocate your new tattoo with plastic wrap. Here at Bleed Blue Tattoo & Piercing Inc. we use Dri-Loc Absorbent Pads which are the best dressing available for your new tattoo. Keep it protected!

Wash and Treat

After you remove the bandage, you will want to wash your tattoo. Use lukewarm water and mild, liquid antibacterial or antimicrobial soap (Satin and Provon are the highest recommendations. Dial tends to be too harsh - generic brand antibacterial soaps are actually better) to gently wash away any ointment, blood and/or plasma and to completely clean the area. Do not use a washcloth or anything abrasive. Your hand is your best tool in this case. (If your tattoo feels slimy and slippery, you have probably been oozing plasma. Try to gently remove as much of this as possible - when the plasma dries on the skin surface, it creates scabs.

Then 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 your choice of ointment. Black Cat Aftercare is the best choice. Bacitracin Zinc is also appropriate, but a similar antibacterial ointment with no additives is acceptable.

****Do not use Neosporin or Polysproin. These are wonderful products for cuts and scrapes, but not for tattoos. Some can have allergic reaction to the ointments, which causes little red bumps. When the bumps go away, so does the ink, and you end up with a polka-dotted tattoo.****

Specialty Products and Lotions

If you prefer, you can use a specialty product such as Black Cat Healing Salve. These are very good, all natural product and is sold by Bleed Blue Tattoo & Piercing Inc.

After 3-5 days you may use lotion instead of ointment, to keep the skin soft. We highly recommend Black Cat Lotion,

Curel green label, or Ink Fix. However a fragrance free lotion can work if the recommended lotions are unavailable.

Bathing, Showering, Hot Tubs, and Swimming

Yes, you can (and should!) shower with a new tattoo. It's 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 as long as you don't over saturate your tattoo. If you get soap shampoo on your tattoo, just remove it quickly with water. Swimming - whether it be 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. Excessive scabbing could indicate a poorly-done tattoo, but a little is sometimes normal and there is no need to panic. Apply warm moist compresses to the scabs for about 5 minutes 2-3 times a day to soften them and they will eventually come off on

their own. (Do not apply ointment or lotion to soften a scab - wait for it to dry) You will also start to itch, just like a sunburn when it begins to heal. The advice here is, don't pick and don't scratch! If the skin itches, slap it. If it is peeling, put lotion on it. And 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

After your tattoo is healed, from now on, you will want to protect it from the sun's ultraviolet rays. These can fade and damage a brilliant tattoo very fast. Before spending a lot of time in excessive heat, protect your tattoo with a minimum 30SPF sunblock. This will keep your tattoo vibrant for many years, and it will continue to be a source of great pride.

Guarantee

Our artist take great pride in their work and Guarantee the work is of the highest standards. 90 days after your tattoo is healed you may come in for a free touch-up if needed:)

Disclaimer: These guidelines are based on a combination of vast professional experience, common sense, research, and extensive clinical practice. This is not to be considered a substitute for medical advice from a doctor. If you suspect an infection seek medical attention. Be aware that many doctors have not received specific training regarding tattooing. Your tattoo artist may be able to refer you to a tattoo friendly medical professional. If not you may also contact your local health department.

How To Care For Your New Piercing

Saline Soak

To make saline, stir 1/8ths of a teaspoon into 8oz. of warm, distilled water. Place the piercing into the water, and let it soak for around 5 minutes, the longer the better. Afterwards, either rinse in the shower, or with distilled water.

Until your piercing is healed, there is no need to turn, twist, or generally touch your piercing. Touching your piercing will transfer dirt and bacteria from your hands to your piercing, and could lead to irritation and possible infection.

Be kind to your piercing. Don't wear tight clothing over the piercing, sleep on it, whack the phone into it, expose it to hair products or cosmetics - use common sense. It's an open wound,

treat it like one.

If you choose to swim, wear a watertight bandage such as Tegaderm or Clean Seals, both of which are available at your local pharmacy.

Body Piercings

Rinse 2 - 3 times daily with a prebottled saline, such as Blairex Sterile Wound Wash Saline, or a home made saline mix, made by mixing 1/8th teaspoon of Non-Iodized Sea Salt and 8oz. warm water. If you choose to make your own saline, do no re-use saline. Pour it out when you're done.

Don't touch, turn, or handle your piercing at all. If you must touch the jewelry, use a saline soaked q-tip. If you should need to tighten the ends, only do so in the shower after thoroughly washing your hands.

Oral Piercings

Rinse the inside of your mouth 3 - 5 times daily with an alcohol-free mouthrinse, such as Tech-2000, Biotene, Crest Pro-Health, or Tom's of Maine. After eating or smoking, rinse with clean distilled or bottled water.

With piercings such as lip or cheek piercings, rinse the outside of your piercing (the end visible outside of your mouth) with a sterile saline rinse, just as described under "Body Piercings."

Oral piercings almost always swell to some extent. While swollen, avoid foods that are spicy, crunchy, or containing long, stringy noodles that could wrap around your piercing.

Genital Piercings

Rinse your piercing with a sterile saline soak 2-3 times daily, just as with a Body Piercing.

During the healing period, sexual contact should be avoided for at least the initial three weeks, and any sexual contact during the healing period should be protected sex, even within a monogamous relationship. Your partner, no matter how clean, has bacteria that you don't want in your piercing.

Healing Times For Piercings

Facial Piercings

Earlobes : : 6 - 8 weeks

Ear Cartilage : : 6 months - 1 year

Eyebrow : : 6 - 8 weeks

Nostril : : 4 - 6 months

Septum : : 6 - 8 weeks

Bridge : : 8 - 10 weeks

Oral Piercings

Tongue : : 4 - 6 weeks

Lip/Labret : : 8 - 10 weeks

Cheek : : 3 - 4 months

Body Piercings

Female Nipple : : 6 months - 1 year

Male Nipple : : 4 - 6 months

Navel : : 6 months - 1 year

Female Genital Piercings

Inner Labia : : 2 - 4 weeks

Outer Labia : : 2 - 6 months

Clitoral Hood : : 2 - 6 weeks

Fourchette : : 4 - 6 weeks

Triangle : : 8 - 10 weeks

Clitoris : : 2 - 4 weeks

Male Genital Piercings

Prince Albert : : 4 - 9 weeks

Reverse Prince Albert : : 4 - 6 months

Frenum : : 6 - 8 weeks

Scrotum : : 6 - 10 weeks

Guiche : : 8 - 10 weeks

Dydoe : : 8 - 12 weeks

Ampallang : : 4 - 8 months

Apadravya : : 4 - 8 months