

# Iowa Tattoo Company

## Tattoo After Care

**\*Read and Follow these instructions carefully. Failure to do so could be harmful to your new tattoo.**

### Immediate Aftercare:

1. Leave your plastic wrap tattoo covering on for one to three hours after your tattoo is finished. Your body will be producing healing fluids as well as collecting blood, ink and goop, so keep it on! You don't want to ruin any new clothes or overly expose it to harmful contaminants during this process.  
\*Sometimes **Tegaderm**, the clear medical bandage, is used by artists to cover your tattoo. This lymphatic healing technique uses the body's natural healing fluids and prevents contamination. If used leave on for 3 days after the three days a wet washcloth may be soaked on the bandage to help peel it off. Once the **tegaderm** is removed skip to step 4.
2. Make sure to wash your new tattoo several times a day with warm water, not too hot you don't want to burn your skin, and a soft, non-scented, antibacterial soap (Dial Soap Gold and original Dawn dish soap are great) to keep it clean and avoid potential infection. Make sure to do this for the first two to three weeks or until the tattoo is more or less healed. Remember; never touch your tattoo unless you have just washed your hands!
3. For the first few days (two to three days) after washing the tattoo. Let it air dry or use a clean paper towel only. Towels have lint and they can irritate your tattoo. Make sure to apply an ointment to keep it hydrated. Use either the **A+D** you are given or **Aquaphor by Eucerin** (highly recommended especially for bigger pieces) both available at most stores check the skin care isle. Use this sparingly! A thin layer is better than suffocating the tattoo in goo and will help it heal faster.
4. After the first few days of using ointment switch to a non-scented lotion after you wash your tattoo. Apply at least 3-4 times a day or whenever it feels dry. Aveeno is a great brand available at most stores and comes in both large and small bottles so you can carry some with you.
5. For the first two weeks, avoid wearing tight clothing. Otherwise you run the risk of scabbing and ink loss when clothes rub up against your tattoo. If possible, avoid sleeping on your tattoo so you don't agitate the healing process.
6. While the tattoo is healing avoid going into large bodies of water (pool, ocean, hot tubs, etc.), the gym or activities that lead to excessive amounts of sweating, and exposure to the sun for the first two weeks. This could damage the tattoo in the healing process. Showers are fine as long as they are quick and not overly hot. You don't want to burn your freshly tattooed skin!
7. Continue this process until the tattoo is healed. And remember, don't pick, peel or scratch any scabbing or hard layers. These hard layers are normal and picking them off could damage or remove color.

### Long-Term Aftercare:

**Long-term aftercare is just as important as short-term. The more you care about how you treat your skin, the better longevity that tattoo will have and remain vibrant.**

1. Your tattoos will lighten up after they have fully healed. That's normal as the layers of skin are growing back over the ink and accepting it within your skin. But to keep a solid coloring, always make sure to put on sunscreen when going outside, especially in the summer. SPF 45 or higher waterproof or sport sunscreen is ideal for protecting your skin.
2. Always keep your tattoos moisturized, especially in areas prone to fading like hands, feet, elbows, etc. This will help keep the tattoo in tact longer and less prone to fading over the years.

### Touch Ups

\*to receive a free touch up you must retain this sheet for your knowledge as well as artist reassurance that you did everything in your power to care for your ink.

### Questions or Concerns

If you have any questions or concerns visit [www.IATattooCo.com](http://www.IATattooCo.com)

**The Asylum**

111 Welch Ave.

Ames IA, 50014

515.268.9000

[IowaTattooCompany@gmail.com](mailto:IowaTattooCompany@gmail.com)

**Hot Rod's Underground**

108 1<sup>st</sup> ave E

Newton IA 50208

515.509.0715

[hotrodsunderground@gmail.com](mailto:hotrodsunderground@gmail.com)

**Thank you and enjoy your new tattoo!!!!**

Artist\_\_\_\_\_

Date\_\_\_\_\_