

## 9 ELEMENT AFTERCARE INSTRUCTIONS

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### **Please read over carefully :**

- You must leave the bandage on for a minimum of 5 hours or remove the bandage the following morning. After the bandage has been removed, take a hot shower using the hottest water that you can handle (without burning yourself). Using your fingertips, as best as you can, clean it really well. Please do not use any cloths, loofahs, or sponges. Make sure you get rid of all plasma and blood, it should feel like normal skin when you are finished.
- The cleaner it is, the faster and better it will heal. Anything left over may cause scabbing and delay the healing process. We recommend ending the cleaning session with cooler/cold water to cool down the skin.
- Gently pat the tattooed area dry or let it air dry. Leave the tattooed area alone for 2-3 days to let it completely dry, then start applying lotion. Ensure you are using unscented lotion. However, we highly recommend using Aquaphor. Other lotion recommendations include Lubriderm, Cetaphil, Aveeno, Aloe Vera, Vitamin E products.
- As a general routine: Shower then apply lotion twice daily.
- Make sure your hands are always clean when touching your tattoo. Especially if you have pets, you don't know where they've been. Always wash hands before touching your tattoo.

### **Please note :**

- No pools until the tattoo is completely healed.
- No physical activities for a minimum of 1 week, but we recommend 2 weeks without any physical activity.
- No sun exposure, even when the tattoo is healed. If you are going to be in the sun, you must use sunscreen for the longevity of the tattoo. This also applies to tanning beds.
- Do not scratch/pick flakes! Itching is normal. If it is extremely irritable and unbearable, slapping or using an ice pack on the area will help relieve it.
- No Vaseline and/or Polysporin. No exceptions.