

HOW TO CARE FOR YOUR NEW TATTOO (with Derm Wrapping)

The most important aspects of healing your new tattoo are:
keeping it clean and out of water & sunshine

DERMCARE

Leave your tattoo wrapped in the derm wrapping for about 3 days, in this time, leave it alone. Don't pick at it, and try not too over stretch the area. Avoid sweaty, strenuous activities. We don't want to trap sweat & we want to let the body rest and heal.

If it feels really warm at first, you can put a clean, cold pack over top.

Keep it away from the sun. The derm is waterproof, but don't swim/bathe with it on, just quick showers for the next 2-3 weeks.

If for any reason it is irritating your skin, or if you think the seal may have been broken (and water may be entering the edge while you are in the shower),
remove it right away.

If you feel happy with the wrapping and want to leave it on longer, you can leave it up to 5 days, be sure to listen to your body.

REMOVAL OF DERM

When you are ready to take off the derm, get into a hotter shower and let the steam help loosen the adhesive for about 10 minutes. Turn the temperature to warm and begin to take the wrapping off. *I recommend pulling it away from the bottom (as opposed to peeling it down like a banana, comes a bit easier).*

Let water run down from above the tattoo and use soap if it's helpful to release the stick. Once it has come off, use antibacterial, non-scented soap to gently wash your tattoo with your clean hand (no towel).



WASHING YOUR TATTOO

Don't let the shower stream hit your tattoo - as it can be abrasive. Take your time washing & rinsing your tattoo with warm water until all of the excess substance has come off.

Don't stress if you find skin flakes with ink, that's expected. The tattoo is placed in the second layer of skin, the first layer will shed over the next 2/3 weeks. Your tattoo will look different everyday, it is a part of the transformation!

Be sure to wash other areas/ your hair away from your tattoo, so it stays as clean as possible. Once you've washed your tattoo, *let it air dry for about 5 minutes. No towel.*

Let your tattoo dry out for a day or two (no moisturizer afterwards). Wash your tattoo 2 times/day, there is no need to wrap it in any barrier, time to let it breathe!

Your tattoo may start to feel itchy after a few days, this is normal. *Do not scratch your tattoo.* Don't rub it. A gentle slap on the skin can help diffuse the irritation a bit, but unfortunately, it's just an uncomfortable phase of the healing we need to let happen.

As your tattoo starts to dry up and prepares to peel around day 5/6, you may put on a small amount of light (scent-free) lotion or coconut oil. Do so after the tattoo has air-dried and use about 1/2 the size of a green pea at most. Dabble it around the area of the tattoo and gently rub into a thin layer upon your skin.

Only add ointment if it feels particularly dry. Do not over moisturize. It is an important part of the healing of your tattoo, like any wound, to keep it fairly dry and let your body heal naturally.

Adding too much moisturizer can alter the healing process, and too much ointment is an invitation for bacteria to sink into the healing tattoo. Keep it minimal.

Continue to wash your tattoo twice per day and again, only moisturize as necessary for the full 3 weeks. Our bodies are all different and some people heal/ peel fast.



PROTECTING YOUR TATTOO (3 weeks)

It is important to keep it clean between washes, so be mindful of your activities. Feel free to wear a light cotton material over the area, avoid straps, tight or itchy fabric. Make sure you sleep with clean bedding, stay away from pet hair.

Keep other people/animals away from the healing wound. Leave it be!

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The derm can expedite the process, but take care of it like a fresh tattoo for the first full 3 weeks as there can be a lot happening beyond what we feel/see. This will ensure both safety and longevity in how your tattoo heals up in the long term.

Please do not wear sunblock on it for the first 3 weeks. *Keep a layer of UV fabric with you at all times in case you are 'stuck' in a sunny spot.* After the 3rd week, the tattoo is safer to see sun, though it is important to know that the second layer of skin (where the ink is sitting) will continue to heal for about 3 months.

Get into the habit of putting a natural sunblock on your tattoo. This will make a HUGE difference in how your tattoo ages in the long term, slowing down the natural aging process that is sped up by sun exposure. The sun can change colours and tones of the ink overtime, & the pigment will begin to break down giving it the 'aged' look, so take care of your tattoo long term.

After it has fully peeled, I highly recommend wearing a high SPF natural sunblock on your skin. Zinc Oxide is used in most natural sunblock and it prevents the sun from penetrating the skin, so it is best for protecting your tattoo!



Reminders:

You shouldn't put any products on it other than **anti-bacterial, scent-free** soap and lotion/ointment, or coconut oil until after it has fully healed. Do not experiment with herbal products, no essential oils – keep it simple.

If you wouldn't put it on an open wound, don't put it on your new tattoo. Even if you would put it on a wound, some herbs can affect the ink itself, so leave it be!

Our bodies know how to heal, we need minimal effort to heal tattoos well, keep it simple, keep it clean, give your body the time it needs to heal. The best way you can help is by nourishing your body: eating blood building, vitamin-rich food, drinking tons of water, getting lots of rest, and honouring the process of integration.

DO NOT pick at your tattoo, help it to peel, scratch it if itchy. *Leave it alone, other than washing 2/day. Make sure any hands touching it are super clean first.*

DO NOT expose your new tattoo to any sunshine, especially Spring-Autumn. *New tattoos are a lot like sunburns, the skin is very sensitive. If your tattoo is exposed to UV rays, it can burn within minutes and it really hurts/ will damage your skin. No sunblock, no sun exposure at all.*

DO NOT soak your tattoo for the first few weeks, no baths, saunas, lakes, oceans etc. *Exposure the water/ chemicals/ nature can lead to bacterial infections or damage to the tattoo. Let it be on the dryer side for 3 weeks – quick showers only.*

After the first layer of skin has peeled entirely (3 weeks) the tattoo is safe to soak/ swim. You can continue moisturizing like the rest of your skin, which can keep the tattoo looking bright.

Let me know me know if you have any questions or if anything weird arises. If you have any concerns of allergies or infections, speak to medical professional right away!

