



Heise Tattoos

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Tattoo After-Care Instructions

Taking care of a new tattoo is crucial to ensure it heals properly, and looks great! This will give you a comprehensive guide for aftercare, whether you're using Saniderm or not, with Aquaphor as the healing ointment.

With Saniderm

1. Initial Application: Your tattoo artist will apply Saniderm over the fresh tattoo. Leave it on for 24 to 48 hours as advised by your artist.
2. First Removal: Gently peel off the Saniderm under warm water. It helps to avoid any discomfort.
3. Cleaning: Wash your tattoo with lukewarm water and a mild, fragrance-free soap. Gently pat dry with a clean towel.
4. Reapplication (optional): You can apply a second Saniderm bandage if needed. Keep this on for up to 5 days. Follow the same gentle removal and cleaning process.
5. Post-Saniderm: After removing the final Saniderm, apply a think layer of Aquaphor to the tattoo. Do this 2 to 3 times daily for 1 week.

Without Saniderm

1. Initial Care: Gently remove the bandage after 3 to 4 hours (as per your artist's advice). Do not re-bandage.
2. Cleaning: Wash your tattoo with lukewarm water and a mild, fragrance-free soap. Gently pat dry with a clean towel.
3. Moisturizing: Apply a think layer of Aquaphor to the tattoo 2 to 3 times daily. Be careful not to over-apply, as too much ointment can suffocate the skin.

General Instructions for During the Healing Process

- **Avoid Sun Exposure**: Keep your tattoo out of the sun as much as possible. Once healed, always apply sunscreen to protect the ink.
- **Avoid Water Exposure**: Stay out of pools, hot tubs, oceans, and avoid long showers or baths. Stick to quick showers to keep your tattoo dry.
- **Clothing and Friction**: Wear loose clothing to minimize friction on your tattoo. Avoid scratching or picking at the scabs.
- **Monitor Healing**: It is normal for a tattoo to peel and itch. However, if you notice signs of infection (excessive/increased redness, swelling, puss), contact your tattoo artist and/or a healthcare professional.