

# After Care Procedure Instructions

Proper care following your procedure is necessary to achieve the best results. Remember that some unevenness of color is to be expected in many cases. For this reason, a follow-up appointment is always necessary. Please review the following directions and refer to them as necessary. Please contact our studio with any questions or concerns during your healing process. If you believe you have an infection, contact your doctor immediately.

## Day of procedure in the evening:

- Press lightly with cotton pads every 15 minutes after the procedure to remove any blood or lymphatic fluid for about 2 hours, as indicated by the technician.
  - **Before Bed**
    - Wipe the tattoo area with water wipes, then pat dry with a clean paper towel.
    - Apply ointment lightly on the tattoo area as indicated during your appointment.
    - Repeat every morning and before bedtime for the next 5 days. (**Lip tattoos** require 10 days of this process.)
- **For Eyeliner or Eyeliner Enhancement**
  - Press lightly with cotton pads every 15 minutes after the procedure to remove any blood or lymphatic fluid for about 2 hours, as indicated by the technician.
  - Use eye drops if any eye dryness occurs.
  - **Before Bed**
    - Wipe the eye and rinse gently with warm water.
    - Apply the eye drops that are provided in the kit if needed
    - Wipe any out-of-place pigment with a Q-tip
    - Apply a light coat of the ointment provided on the tattoo area (not inside the eye, just around the lash outline.
    - Repeat every morning and before bedtime for the next 5 days
- **For Lip Tattoos**
  - Every 15 minutes after the procedure, press with cotton pads to remove any blood or lymphatic fluid for about 2 hours, as indicated by the technician.
  - **Before Bed**
    - Wash the tattoo area with the soap provided, then pat dry with a clean paper towel.
    - Apply the ointment provided lightly on the tattoo area for 7-10 days.
    - Use Abreva cold sore cream for 2 days after the procedure, 3 times daily, to increase protection from cold sores or herpes outbreaks.
    - Repeat every morning and before bedtime for the next 7-10 days
    - If scabbing happens, wipe gently and let the scabs fall off naturally.
- **Daily Recommendations**
  - Do **not** eat spicy or acidic food and drinks for the next 3 days.
  - Do **not** get facial treatments or use saunas for 2 weeks (14 days).
  - Do **not** use makeup on the tattooed area for 7 days.
  - **Avoid** sweat in the tattooed area. (Tip: Use a sweat-absorbing headband!)
  - Do **not** work out intensely for the next 3 days.
  - Do **not** pick or scratch at your lips.