

# KNOWFOLLY TATTOO AFTERCARE

[ YOU CAN ALSO FIND THIS INFORMATION AT [WWW.KNOWFOLLY.COM/AFTERCARE](http://WWW.KNOWFOLLY.COM/AFTERCARE) ]

## IMPORTANT:

- PLEEEEEEEASE ONLY EVER WASH YOUR TATTOO WITH CLEAN HANDS — WASH YOUR HANDS WITH ANTIBACTERIAL SOAP BEFORE YOU WASH YOUR TATTOO. I PERSONALLY USE DR. BRONNERS SOAP FOR ALL OF MY OWN TATTOOS, AND HIGHLY RECOMMEND IT.
- NEVER USE BAR SOAP TO CLEAN A TATTOO! LIQUID SOAP ONLY!
- AVOID HEAVY SWEATING IN OR AROUND THE AREA OF YOUR TATTOO FOR AT LEAST TWO WEEKS AFTER YOUR APPOINTMENT.
- DO NOT SOAK YOUR TATTOO IN ANY WATERS (LAKES, OCEAN, POOL, BATHTUB, ETC) FOR AT LEAST ONE MONTH AFTER YOUR APPOINTMENT. THIS IS A MATTER OF YOUR HEALTH AND SAFETY, SO TAKE THIS SERIOUSLY.
- DO NOT USE A TANNING BED FOR AT LEAST A MONTH AFTER YOUR TATTOO (OR IDEALLY, NEVER) — ALSO, USE SPF SUNSCREEN ANYTIME YOUR TATTOO IS IN THE SUN.
- WEAR CLEAN, COMFORTABLE CLOTHES THAT WON'T RUB ON YOUR TATTOO! CHANGE YOUR SHEETS! DON'T LET PETS NEAR YOUR TATTOO!
- NEVER DROWN YOUR TATTOO IN TOO MUCH OINTMENT, SALVE, OR LOTION. IT NEEDS TO BREATHE AND TOO MUCH OINTMENT WILL TRAP BACTERIA AND PREVENT THE CORRECT HEALING PROCESS FROM TAKING PLACE. I ALWAYS RECOMMEND NATURAL, ADDITIVE FREE PRODUCTS FOR THIS— SHEA BUTTER, COCONUT OIL, APRICOT OIL, SWEET ALMOND OIL, AND COCOA BUTTER ARE SOME OF MY FAVORITE RECOMMENDATIONS FOR GOOD, NATURAL HEALING.

## WHAT TO DO IF YOU HAVE SANIDERM

- PLEASE LEAVE YOUR FIRST SANIDERM BANDAGE ON YOUR TATTOO FOR 24 HOURS AFTER YOUR APPOINTMENT
- AFTER 24 HOURS, GENTLY REMOVE YOUR SANIDERM BANDAGE. IF IT IS GIVING YOU A HARD TIME, YOU CAN RUN LUKEWARM WATER OVER IT AS YOU PEEL IT BACK.
- ONCE REMOVED, LATHER SOAP (LIQUID SOAP) IN YOUR CLEAN HANDS, AND WITH LUKEWARM, RUNNING WATER, GENTLY WASH YOUR TATTOO CLEAN, THOROUGHLY REMOVING ANY BLOOD, INK, AND PLASMA THAT IS LEFT BEHIND, AND FULLY RINSING THE SOAP AWAY
- ONCE CLEAN, AIR DRY FOR A COUPLE OF MINUTES OR GENTLY TAP YOUR TATTOO CLEAN WITH A CLEAN PAPER TOWEL, MAKING SURE NOT TO LEAVE ANY FIBROUS PIECES OF PAPER TOWEL ON TATTOO.
- ONCE DRY, USE RUBBING ALCOHOL ON A NEW, CLEAN PAPER TOWEL, TO GENTLY DAB AROUND THE TATTOOED AREA; NOT, I REPEAT NOT DIRECTLY ON THE TATTOO. THIS ENSURES YOUR SURROUNDING SKIN IS EXTRA DRY AND CLEAN AND CAPABLE OF ADHERING WELL TO YOUR SECOND PIECE OF SANIDERM.
- AFTER THE ALCOHOL IS DRY, PEEL BACK THE PAPERY SIDE OF YOUR SANIDERM BANDAGE AND APPLY IT TO AREA FROM CENTER OUTWARDS, AVOIDING AIR BUBBLES. MAKE SURE NOT TO CONTAMINATE THE STICKY SIDE OF THE BANDAGE. AFTER IT IS APPLIED, REMOVE THE TOP PLASTIC LAYER AND YOU'RE GOOD TO GO!
- LEAVE YOUR SECOND SANIDERM BANDAGE ON FOR UP TO SEVEN DAYS, THE LONGER THE BETTER!
- AFTER YOU REMOVE IT, CONTINUE ON TO STANDARD AFTERCARE PRACTICES [LISTED BELOW] UNTIL TATTOO IS FULLY HEALED

## WHAT TO DO IF YOU DON'T HAVE SANIDERM [OR AFTER YOU REMOVE YOUR SANIDERM]

- LEAVE YOUR FIRST, STANDARD BANDAGE ON FOR AT LEAST A COUPLE OF HOURS, OR UP TO OVER NIGHT IF NECESSARY
  - BEFORE REMOVING BANDAGE, WASH YOUR HANDS THOROUGHLY
  - ONCE REMOVED, LATHER SOAP (LIQUID SOAP) IN YOUR CLEAN HANDS, AND WITH LUKEWARM, RUNNING WATER, GENTLY WASH YOUR TATTOO CLEAN, THOROUGHLY REMOVING ANY BLOOD, INK, AND PLASMA THAT IS LEFT BEHIND, AND FULLY RINSING THE SOAP AWAY
  - AIR DRY COMPLETELY, OR GENTLY TAP DRY WITH A CLEAN PAPER TOWEL.
  - ONCE DRY, APPLY A THIN LAYER OF A NATURAL, SCENT-FREE SALVE, OINTMENT OR LOTION.
- REPEAT THIS PROCESS OF WASHING YOUR TATTOO AND APPLYING OINTMENT TWICE A DAY UNTIL TATTOO IS FULLY HEALED.

## WHAT TO EXPECT

- YOUR TATTOO AND THE SURROUNDING AREA MAY BE SWOLLEN AND RED FOR UP TO THE NEXT WEEK
- INK MAY COME TO SURFACE. THIS IS NORMAL, WASH THIS AWAY AND REAPPLY OINTMENT.
- DO NOT LET YOUR TATTOO STICK TO SHEETS OR CLOTHING. THIS CAN PULL OUT COLOUR AND MAY ALSO BE SUPER PAINFUL TO SEPARATE
- YOUR TATTOO MAY FORM A THIN SCAB. THIS IS NORMAL. NEVER EVER, EVER, EVER PICK AT YOUR TATTOO!
- SHADING MAY FADE AND COLOURS MAY LOOK DULL AS THEY HEAL. THIS PROCESS WILL BE DONE AFTER ABOUT ONE MONTH. I DO FREE TOUCH UPS UP TO A YEAR AFTER YOUR ORIGINAL APPOINTMENT SHOULD IT BE NECESSARY.