

AFTERCARE CHEAT SHEET

For all of my tattoos, I now apply an aftercare method using Saniderm. Saniderm (also known as Tegaderm and Second Skin) is a new technology frequently used in the medical field to heal wounds and burns. It is a very thin, transparent, flexible film used to protect new tattoos against fluids, friction, bacteria, and viruses. Unlike plastic films, Saniderm is breathable which allows moisture vapour and oxygen exchange while providing a moist wound environment for enhanced healing. When Saniderm is applied immediately after the tattoo session, the tattoo is protected from dirt and germs. It lets you go about your daily work and life schedule without the tedious and painful process of fresh tattoo aftercare. Saniderm can also reduce scabbing, reduce pain, and maintain ink integrity. I use it myself on all of my tattoos and I can attest that while it seems weird, I've had nothing but excellent results while using it!

HOW TO USE IT:

You can leave your bandage on for up to 7 days, but no less than 24 hours. I find that with most tattoos 3-4 days is sufficient as the skin will have undergone the most sensitive part of the healing process by then. If your tattoo is on a difficult area such as a joint or back, you can leave it on for longer. Listen to your body!

You may shower while the Saniderm is on, but do not bathe or soak your tattoo. After each wash, check to make sure that no outside water has gotten under the plastic. If it has, remove immediately and follow instructions below. If the bandage begins to fall off and expose the tattoo, remove immediately and follow instructions below. Keep your tattoo out of the sun during this time as well.

When you're ready, remove the bandage and wash the tattoo. You may wish to peel off the bandage in the shower to help loosen it up. Don't rip the bandage up, lightly peel it back and off. When washing your tattoo, do not use anything abrasive on the tattooed surface, just clean fingertips. Wash the tattoo with lukewarm water and an unscented soap with light circular motions and pat dry with a clean paper towel, or air dry when you are finished.

From this point on you will want to use a fragrance and color free lotion (such as Nivea, Curel, Eucerin, Aquaphor, Tattoo Goo, etc.) to keep the tattoo slightly moisturized. Always wash your hands to apply lotion; you do not want to rub dirt or germs into your new tattoo. Do not over moisturize the tattoo. Use lotion once or twice a day unless the tattoo is becoming overly dry, you may then want to use a bit more lotion.

Do not pick or scratch the tattoo. A couple of light slaps will usually reduce the itch factor.

If you have any issues or questions beyond this, contact me for assistance. And don't forget, touch-ups are free! After a few months if anything needs adjustment, let me know.