EVERYDAY CARE

CARE AT A GLANCE

DO

- Ice and elevate your tattoo to help reduce swelling.
- Take short showers.
- Use a light, unscented lotion to moisturize your tattoo.

DON'T

- Scratch, peel, slap, rub or irritate your tattoo.
- Swim or use a hot tub for 2 weeks.
- Expose your tattoo to the sun for at least 3 weeks.
- Wear abrasive shoes, jewelry or clothing that rubs against your tattoo.
- Let anyone touch your tattoo without washing their hands first.
- Use gym equipment that has not been sanitized.

QUESTIONS & CONCERNS

WE'RE HERE FOR YOU

Reach out to your artist with any concerns or questions about healing.

WATCH FOR INFECTION

Very red skin around the tattoo, thin red lines extending from it, abnormal oozing, pus or bleeding, inflammation, blisters, or increasing pain or sensitivity may be signs of infection.

If you notice these symptoms or are concerned, contact your tattoo artist for further recommendations. In serious cases, go to a doctor immediately.

ARTIST _____

SESSION DATE _____

Free touchups are offered within 6 months of your session date.

*Some exclusions apply.

MORE AFTERCARE INFORMATION

Scan for aftercare information and derm application instructions.

www.idlehandstattoo.ink
865.830.3322

IDLE HANDS · TATTOO AFTERCARE

IDLE HANDS

Tattoo ♦ Piercing ♦ Fine Body Jewelry

TATTOO AFTERCARE



START WITH CLEAN HANDS

Always wash your hands before touching your tattoo.

A new tattoo needs consistent care to help prevent infection or damage.

OPTION 1 · DERM / SECOND SKIN

DERM / SECOND SKIN

WHAT IS DERM?

Derm is a breathable, medical-grade adhesive bandage. It protects your new tattoo from bacteria and abrasive fabrics, helps prevent excessive moisture or drying out, and allows it to heal.

APPLICATION

Depending on the size and saturation of your tattoo, your artist may apply a temporary bandage and ask you to return in 24 hours for derm. For smaller, less saturated designs, derm can be applied immediately after your session.

KEEP IT ON FOR 5–7 DAYS

While some fluid build-up is expected, should your tattoo become exposed to air or moisture due to a tear, leak, or excess fluid within the first 24–48 hours, please reach out. We will happily replace it for you. If you have an allergic reaction, remove the derm and begin following Option 2.

INK & BLOOD POCKETS

Pockets of ink and/or blood under the derm are a normal part of the healing process.

AFTER REMOVAL

Follow Option 2 until reaching the 2-week mark with your new tattoo.

OPTION 2 · TATTOO OINTMENT

CLEAN & MOISTURIZE

CHOOSE YOUR LOTION

Choose a mild, unscented, undyed, alcohol-free lotion. Do not use Neosporin, Vaseline or Aquaphor.

REMOVE PLASTIC WRAP

If bandaged with plastic wrap, leave it on for 2–3 hours after being tattooed before removing it.

WASH GENTLY

After removing your bandage, wash your hands thoroughly. Using warm water and a mild, fragrance-free liquid soap, gently wash your tattoo with clean fingertips to remove any excess ink, blood, plasma, and ointment. **Avoid scrubbing or using washcloths and sponges as they can irritate freshly tattooed skin.**

Rinse thoroughly with comfortably warm water until all soap and residue are removed.

APPLY LOTION OR OINTMENT

After washing, allow to air dry. Once completely dry, apply a very thin layer of your recommended aftercare product.

REPEAT 2–4 TIMES A DAY

Wash your tattoo 2–4 times daily with unscented, liquid, antibacterial soap and rinse thoroughly. Allow to air dry and apply recommended aftercare product.

YOUR HEALING ROUTINE

HEAL WITH CARE

THE FIRST NIGHT

On the first night, you may want to bandage your tattoo with dental bibs or plastic wrap to prevent sticking to your bedding.

AVOID CLOTH BANDAGES

Cloth fibers can adhere to your open tattoo, hinder healing and cause infection.

PEELING IS NORMAL

Your tattoo may begin to peel on the 3rd or 4th day. Do not pick at the skin.

CONTINUE FOR AT LEAST 2 WEEKS

Keep up your cleaning and moisturizing routine for a minimum of 2 weeks. Reach out to your artist with any concerns or questions.



Always wash your hands before touching your tattoo.