

# BIGFOOT TATTOOS

## Aftercare Instructions

**WASH** • Wash the tattoo with your hand using a mild unscented soap and warm water. Take care to remove all traces of blood and plasma as this will cause scabbing. Do not scrub the tattoo with a washcloth during the two week healing period. Pat it dry with a clean paper towel and leave it alone for a few minutes to let excess moisture evaporate.

**OINTMENT** • Once dry, apply a very thin coat of clear ointment such as Webber Vitamin E cream to the tattoo. ( **Do not use Polysporin** ) Only use enough to make it shine, a little goes a long way. Too much ointment traps germs into your new tattoo which could lead to infection. Just a dab will do. Work it in well. Dab off any excess with a paper towel. There should be just enough to keep the tattoo moist and to keep it from scabbing.

**REPEAT** • Repeat the cycle of washing, drying, and applying ointment to the tattoo about 3-4 times per day for the first 3 days (while the tattoo feels tender).

**NOTES** • Ointment can be applied whenever the tattoo is feeling stiff or dry but beware of over-moisturizing. Your body will absorb what it needs where it needs it.

**MOISTERIZE** • Apply ointment twice a day for two to three days then switch to a regular \*Unscented\* moisturizer like Lubriderm, Curel, Jergens etc. Apply moisturizer twice a day for the remainder of two weeks. Do not use lotions that contain color or fragrance at all until the healing is complete. (Usually anywhere from ten days to two weeks; Possibly longer for slower healers.)

**MORE MOISTURE** • You must keep your tattoo moisturized! When the tattoo is kept moist it doesn't have a chance to form a scab but does form a thin membrane to protect the tattoo while it heals. This layer peels off very similar to a sunburn ( do NOT peel your tattoo, you will pull the ink out! ) and it is perfectly normal to see small flakes of colored skin falling off during this stage of healing.

**CLEAN** • You must keep your tattoo clean! However, long showers or baths must be avoided for 2 weeks. Prolonged soaking can and will loosen scabs if any have formed, or will soak through the soft tissue turning it into a soggy mess. Avoid swimming in the Ocean or Pools, Hot Tubs, and Saunas. Short showers are best, under ten minutes if possible.

**NO TOUCHY** • Please refrain from scratching or picking at the tattoo. Disrupting the tattoo while it's healing could cause scar tissue. It is normal for the tattoo to become very itchy during the healing time. Just remember not to pick or scratch at it no matter what!

**SUN** • Remember, the Sun is BAD for your tattoo. A sunburn on a new tattoo can cause a lot of problems. It will dry out your tattoo and could cause it to form a horrendous scab resulting in fading before it is even healed. It will also take much longer to heal completely and promotes scarring in a new tattoo. Wait until it is fully healed to go back in the sun or a tanning bed and protect your healed tattoo with a high quality sunblock. Never put sunblock on a tattoo that is still healing. Just keep it out of the sun.

**BEAUTIFUL TATTOOS** • Following all of these simple steps will ensure that you end up with the best result with minimal complications and your tattoo will stay looking bright and beautiful for many years to come.

**CONTACT** • Please contact us through Facebook Messenger, phone or email should you have any concerns.

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