

BY ERIN MICHAEL SHERIDAN @ THE NEON MAGICIAN  
(504) 321-1022 ★ WWW.NEONMAGICIAN.COM

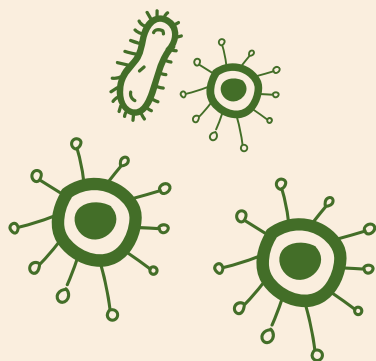
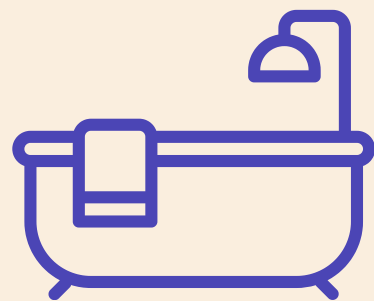
## THE NO LIST: AVOID THE FOLLOWING



Protect yourself from infection, a loss of tattoo quality, medical intervention, and many other undesirable outcomes

### DROWNING IT

Stay away from pools, hot tubs, baths, long showers, lakes, the ocean, etc. Believe it or not, even too much ointment / lotion can be a problem! Keep it dry, whether or not it is bandaged.



### GERMS

Don't let others (human or animal) touch it, and avoid unnecessarily touching it yourself. Protect it from surfaces like gym equipment, bus seats, pet beds, saunas, lawns, the floor, your cell phone, etc.

### PICKING & SCRATCHING

I know... it's gross and so itchy. Still, avoid impulses to pick, pull at, or scratch scabs, flaking skin, or your tattoo in general. Postpone shaving and tweezing, and forego tight clothes or jewelry for a few weeks so nothing is rubbing against your tattoo while it heals.



### SUN, SAUNA, SWEAT

For the first two weeks, avoid heavy sweating, and use barriers (clothes, shade) for sun protection. After two weeks of healing, a high SPF sunscreen is safe. Keep the area from overheating while healing.

### STRONG CHEMICALS

I know, "chemicals" is kind of a loaded term. Basically, avoid harsh cleansers, cleaning solutions, perfumes, essential oils, etc. Don't use products like Neosporin (antibiotic), hydrocortisone, salicylic acid, benzoyl peroxide, etc. unless your doc tells you to.



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IN CASE OF EMERGENCY, CALL 9-1-1

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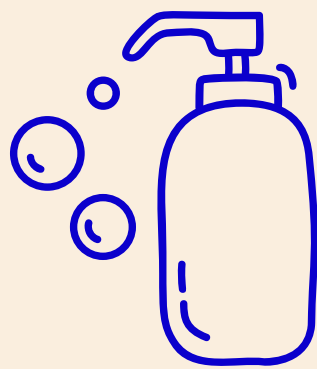
## THE YES LIST: DO THE FOLLOWING



Set yourself up for successful healing  
with minimal risk and discomfort,  
and maximum color and consistency

### KEEP IT CLEAN

Always wash your hands before touching your tattoo, and clean it daily with a gentle soap (Dial antibacterial and Dr. Bronner's are popular). Let it dry really well after showers / washing (at least 5-10 mins of air) before moisturizing to avoid complications.

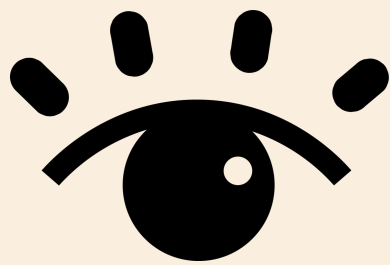


### MOISTURIZE \*AS NEEDED\*

Use an unscented moisturizer (ideally from a bottle or tube) when your tattoo starts feeling dry, taut, or crusty. I like a gentle HLA serum and shea butter; I'll send you home with something good. Let it dry well before reapplying so that it doesn't stay oily or tacky all day.

### WATCH FOR ALLERGIES OR INFECTION

After 24-48 hours, swelling, heat, weeping fluid, and redness should be nearly or entirely gone. Seek medical attention if it instead gets worse, or if at any point you develop hives, excessive pain, trouble breathing, swelling or severe itching in other body parts, a fever, muscle spasms, etc.



### CARE FOR YOUR WHOLE SELF

Sleep, hydration, and nutrition are critical for a healing wound. A tattoo is no different! Eat enough, drink water, and get rest. Take multivitamins if you have some. You've been through a lot!

### COME BACK ANYTIME

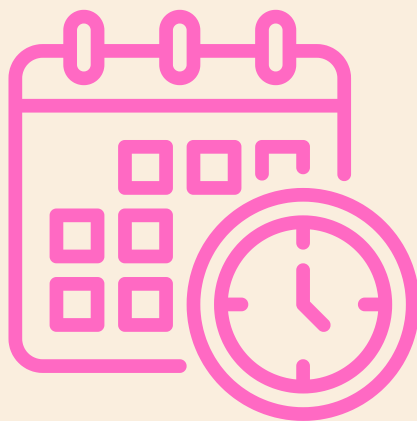
Text me questions, send pics like, "is this normal??" or just check in with updates! I'm here for all of it! Your touch up session is free for the next 6 months, so book it at [www.neonmagician.com](http://www.neonmagician.com) to ensure your tattoo is as vibrantly complete as possible.



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## PLASTIC WRAP: FIRST 48 HOURS



After we're done here, try to take it easy.  
Your body has been through a lot!  
Eat a good meal, get some rest, and then...

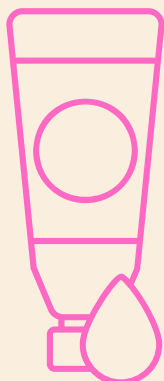


### REMOVE THE PLASTIC

3-4 hours after you've left your appointment, and when you're home, wash your hands well and remove the plastic wrap to wash your tattoo.

### CLEAN AND DRY

I like Dial Antibacterial soap, but something mild & fragrance free is ok too. Avoid direct water pressure or really hot water. Gently wash it by hand for ~1 min, then air dry or use a fresh, clean towel.



### PROTECTIVE LAYER

Once it's dry, **let your tattoo air out for 5-10 mins**, and then apply a very thin layer of Aquaphor. I suggest rubbing it between your (clean) hands to warm it up, then lightly patting it all over the area to then easily and gently spread it out.

### DAY TWO

The next day, air it out! Gently wash it 2-3 times /as needed, and apply a thin layer of Aquaphor, she butter, jojoba, etc. if it feels too dry, taut, or scabby; or like it might crack.



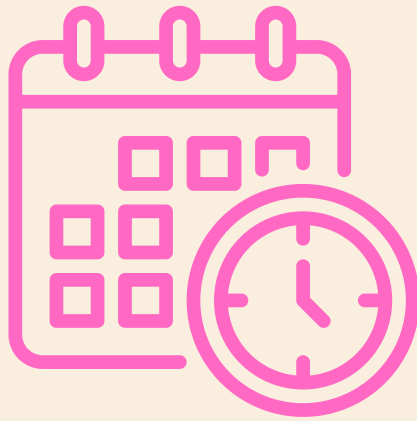
### REVIEW THE TATTOO DO'S AND DON'TS

In addition to this care sheet, I've given you another sheet (which is available as a PDF at NeonMagician.com) with a 'YES' list and a 'NO' list. That sheet contains info that is **critical** to your safety and healing from the moment you leave your appointment, so read it next.

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## ADHESIVE BANDAGE: FIRST 5 DAYS



After we're done here, try to take it easy.  
Your body has been through a lot!  
Eat a good meal and get some rest.

### IDEALLY: LEAVE IT BE

Your bandage can stay on for up to five days. If it leaks, gets a hole, irritates your skin, or seems like it might burst, take it off (steps below). Fluid collection is normal.



### REVIEW THE TATTOO DOS AND DON'TS

I've given you another, separate info sheet (available as a PDF at NeonMagician.com) with a '**YES**' list and a '**NO**' list. That sheet contains info that is **critical** to your safety and healing from the moment you leave your appointment, so read it too.

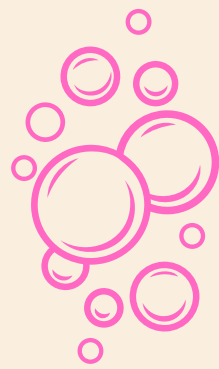
### WHEN IT'S TIME TO REMOVE THE BANDAGE



In the shower, pick an edge of the bandage and **slowly** pull it (like a command strip!) alongside your skin and away from your tattoo (not up, but parallel), in little sections. Use soap if needed, and take your time.

### CLEAN IT UP

Once the bandage is off, gently hand-wash your tattoo with Dial antibacterial soap, or a mild and fragrance free option like Dr. Bronner's, for ~1 min. Air dry or use a fresh or paper towel.



### ONCE EXPOSED TO AIR:



Once it's unbandaged, keep it clean, let it get air and follow the rules on the yes/no lists. Moisturize lightly with something gentle if it feels too dry, taut, or scabby; or like it might crack.

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