

# PREPARE & AFTERCARE PREPARE

## What you can & should you do in preparation for a tattoo session:

- 1 Get hydrated. Drink at least one (1) to two (2) liters of water a day. When you are hydrated, your skin is hydrated and will be able to maintain a better heal and withstand longer sessions.
- 2 Lotion the area to be tattooed every day, or twice daily. Again, the healthier your skin, the better the results.
- 3 Shave & Exfoliate the area 1-3 times weekly. If you are super hairy, this will really, really make a big difference. It's hard for lotion to get in there well if you're Chewbacca. If you experience razor burn, stop shaving a week prior to your appointment. Exfoliation should be gentle with a loofah or basic body scrub.
- 4 Get a good night sleep the night before. Please don't party too hard. Getting tattooed hung-over is not fun for you or me.
- 5 Please EAT BEFORE your session. I can't tell you how many people I've seen pass out just because they were too nervous to eat before. This is a massive workout for your body and IT NEEDS FUEL for a big session. When you are hungry, pain management is much more difficult.
- 6 Bring drinks, snacks and lunch. You probably won't have enough time during our short breaks to leave, get food, come back and eat it, so bring it with you! I have a microwave and a fridge at the studio for your convenience. It is also a good idea to bring small snacks that you can eat one handed without making a mess in case you need a distraction during your session. And as a side note, I try to take breaks every 2-3 hours depending on the length of the session.
- 7 If you happen to break a bone or sustain any other major injuries prior to your appointment, please contact me ASAP.

## What you SHOULD NOT DO before a tattoo session:

- 1 No tanning, fake tanning, chemical peels, sunburns, major cuts or scrapes, in the area to be tattooed within a month prior to your session. I can't work on freshly damaged skin...it won't heal properly.
- 2 No extreme weight lifting in or near the area to be tattooed at least 2 days prior to your session to prevent unnecessary swelling & soreness.



# After-Care Instructions

Please Read Carefully and call The Collectors Club with any & all questions or concerns! 204-654-2649

Please Note: Your tattoo is considered an open wound and should be treated as such for the next 2 weeks!

## First things First!

1. *Remove your bandage after 8-12hrs* as instructed by your artist.
2. *Double wash!* After removing your bandage you NEED to wash your tattoo twice to ensure you remove all blood, ink, plasma and excess ooze from the area! *Wash once with soap and water, Gently pat dry with a clean paper towel, then let the sight air dry for 20mins and wash it a second time* repeating the same process to remove everything missed during the first wash! There is always more to clean after the very first wash!
3. *Do not re-bandage your tattoo* unless instructed to do so by your artist.
4. Allow the area to dry out for the first 2 days! This means *only washing the area 2-3 times a day for the first few days*. Do not apply any lotion, ointments, balms or products during the drying out phase.
5. *On the 3rd day, you may start applying the product provided by your artist* twice daily, 20 mins after washing the area. Always wait at least 10-15mins after applying after-care products before doing things like getting into bed or going outside as lotions may make the area tacky. This means that bed lint, pet hair, dust, dirt etc. may stick to the area and cause risk of an infection.
6. Continue to care for your new tattoo as per these instructions for a period of 2 weeks.



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## What is NORMAL during the healing process?

- Swelling (we recommend applying ice to the area within the first 8hrs to reduce swelling, this will also lessen discomfort the following day.) NEVER apply ice directly to a new tattoo! Ice your tattoo PRIOR to removing the bandage to ensure you DO NOT get the site wet!
- Redness for the first 3-4 days depending on skin type.
- Soreness for the first 3-4 days depending on body area.
- Excess ink can continue to come off for the first couple washes depending on the area, but don't worry! your tattoo is not washing off!
- Leaking can continue for a few days after receiving your new tattoo, it is imperative that you wash these body fluids (blood & plasma) off to prevent heavy scabbing!
- Flaking and Scabbing. This means it's almost over! Let your flakes and scabs come off naturally on their own!! NEVER PICK or SCRATCH at them, there may still be critical healing underneath and if they pulled off prematurely, you WILL damage both your art work and your skin!
- You may also experience a Milky or Cloudy appearance on your tattoo once your done flaking. This is normal and will dissipate after a few days once the nutrients return to your skin. You can help speed this phase along by continuing to lotion the area after your flakes and scabs are gone.
- Pay attention to changes in the site that are unexpected, if you are unsure, call The Collectors Club or consider seeking medical attention should you be experiencing any of the following abnormal or prolonged conditions.