

Your tattoo has been covered with Tegaderm, a sterile, breathable, waterproof barrier. Leave the Tegaderm on for 7 DAYS - do not lift it, change it or remove it.

The Tegaderm will protect your tattoo from infection, abrasion, irritation and contamination while it is going through the most important part of its healing. It will also protect your clothes, sheets and loved ones from coming in contact with the excess ink, blood and fluid that are the normal by-products of healing a tattoo.

You can perform all your usual activities (including exercise) while the tattoo is covered with Tegaderm. Be sure not to bump or rub your new tattoo excessively, or do anything that will scrape or peel the covering off.

Showering will not affect Tegaderm; it is reasonably waterproof. You can shower normally while healing. Do not bathe, swim or soak until your tattoo is fully healed, however.

After 7 days, remove the Tegaderm by carefully peeling it back off of your skin. Do not quickly tear it off, as this can cause skin irritation. The easiest way to soften the adhesive is to stand in a hot shower for several minutes and remove the covering in the shower.

After removing the covering, rinse the tattoo thoroughly with warm water and wash, then rinse several times using antibacterial soap and warm water. Gently work any excess material off the surface of your skin using the palm of your hand while doing so. Do not use any wash-cloths, sponges or brushes.

After patting your tattoo with a clean towel, the skin should be shiny and dry. For the next 7-10 days, apply a thin coat of hand lotion (Lubriderm and Cetaphil are recommended brands) when it feels tight, dry or itchy - otherwise, let it air out and heal naturally. There should be no scabbing, though a few layers of flaky skin peeling are normal.