



CARING FOR COSMETIC TATOOING

Proper care is important and required to achieve optimum results. Keep in mind some intensity of color will be lost and/or the color may heal unevenly. This is normal for some procedures, especially after the initial application. This is the reason for follow up appointments, to fill in any light areas, to go a little darker or thicker if desired, and to adjust the shape or color if needed. Please read and follow the directions provided:

- Wash your hands before touching any treated area.
- Cool packs (not frozen) may be used to help reduce swelling. Dampen paper towels or cotton pads with filtered bottled water...10 min on and 10 min off. Cooling the area is most beneficial the first 24 hours.
- **Blotting your procedure.** We have created a wound and all wounds weep body fluids, some more than others. Blotting off these fluids and excess pigment is critical to a good result and color retention. If these fluids remain on the tattooed area and accumulate, you will get heavier scabbing. Heavy scabbing can pull out the pigment which will result in light spots and unevenness of color. Dampen a paper towel with bottle/filtered water and blot your new procedure until weeping has subsided. The following three days blot the area periodically if weeping appears.
- **Washing your procedure.** DO NOT use any cleansing products containing acids (glycolic, lactic, or AHA), or any exfoliates. Dial Soap, Cataphyll, and Neutrogena are good choices. Use a very light touch cleansing your procedure once a day and ensure you rinse off all cleanser and pat dry. Wait 15min before applying ointment after getting the procedure wet. Never put ointment on a wet or damp tattoo. **Showering-** Do not take an exceptionally hot shower and keep bathroom doors open as to NOT cause a steam effect. Keep your face/procedure out of the water; wash your hair and rinse back away from your face.
- **Ointment.** ONLY USE THE OINTMENT I PROVIDE FOR YOU ...NOTHING ELSE!!! No ointment for the first 24 hours. Apply a thin, light coat of ointment 3 or 4 times a day for the remaining of the healing process (6-7 days). Always blot off any prior ointment and area before applying a new layer.
- Absolutely NO pet grooming, gardening, dusting, or anything that causes dust, dirt and dander for a minimum of 72 hours. **NO EXERCISING FOR 10 DAYS... NO EXCEPTIONS! DON'T DO ANY ACTIVITY THAT CAUSES SWEAT IN THE AREA OF THE PROCEDURE OR YOUR FACE TO HEAT UP AND TURN RED. NO OUTDOOR ACTIVITIES STAY OUT OF THE SUN! KEEP IT PROTECTED AND KEEP IT CLEAN! TAKE LOTS OF CARE FOR YOUR PROCEDURE.**
- During your healing process DO NOT expose your new procedures to chemicals, hot tubs, saunas, direct shower spray, hot water, saltwater, chlorinated pools, lakes, or ponds. Direct sun exposure and tanning beds should be avoided indefinitely.... both are counter-productive to the cosmetic procedure.
- Absolutely NO topical makeup on the healing procedure(s) for a minimum of 5 days. Topical makeup is bacterial, and your new procedures need adequate time to heal to avoid irritation and/or infection. You may apply your makeup around the new procedure area but avoid applying ON the healing areas. No tweezing or waxing the eyebrows for 10 full days. **NO FACIAL, PEELS OR ANY OF THAT FACE STUFF FOR 2 FULL WEEKS!**
- Some tenderness, puffiness (even bruising), redness, and itching is quite normal for the tattoo healing process. DO NOT PICK, PEEL, OR SCRATCH the treated area as this could result in your color healing uneven as well as the risk of scarring and infection.
- Lastly.... relax! Don't worry about a thing. It's just a tattoo that will lighten, soften and heal in a matter of days. Do exactly as I have advised you to do OR not to do and all heals well. Complications are extremely rare.

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