



POST TATTOO CARE INSTRUCTIONS:

- Bath water ONLY for 15 days straight. This means not getting into a pool or ocean for this period to avoid infection.
- NO sun bathing or tanning. Avoid direct sunlight to the tattooed area for the first couple of weeks.
- NO scratching or itching tattooed area. Let it peel naturally.
- Avoid eating foods you're not used to, specially if it's seafood and processed meats.
- Apply ointment recommended by your tattoo artist for 7-14 consecutive days, 3x per day.
- Wrap tattoo in plastic wrap for the first 3 nights.
- Do NOT wrap tattoo during the day. Let it breathe.
- Drink plenty of water.

Signature: _____

Date: _____