

HOUSE OF PAIN TATTOOS

AFTERCARE INSTRUCTIONS

1063 Brown Street, Moose Jaw, SK S6H 2Z4

Phone: 306-313-5307 | Hours: 7 Days a Week 10am-10pm

Look, I just put something permanent on your body. Now it's your job to take care of it. Follow these instructions and your tattoo will look killer for years. Ignore them, and you'll be back asking me to fix it. Let's avoid that.

The First 24 Hours

- Keep the initial bandage on for 2-4 hours
- Remove bandage gently in a clean environment
- Wash hands thoroughly before touching your tattoo
- Gently wash tattoo with lukewarm water and unscented antibacterial soap
- Pat dry with a clean paper towel (not cloth)
- Apply a thin layer of recommended aftercare ointment

Days 2-14: Critical Healing Phase

Daily Routine

- **Wash gently with unscented soap twice a day:** to remove plasma and prevent infection
- **Apply fragrance-free moisturizer 2-3 times daily:** keeps skin hydrated and prevents scabbing
- **Avoid sun exposure for two weeks:** UV can fade fresh ink quickly
- **No swimming, hot tubs, or baths:** submerging can cause infection
- **Wear loose, clean clothing:** tight clothes can rub and irritate
- **Don't pick or scratch:** let any scabs fall off naturally

Listen Up: Important Stuff

Saskatchewan Winters Are Brutal

Moose Jaw gets cold, and that indoor heating will dry out your skin fast. Moisturize more than you think you need to. Seriously. Dry, cracked skin is not your friend when you're healing a tattoo. I've seen people mess up great work because they didn't moisturize enough in winter.

What Normal Healing Looks Like

Light scabbing? Normal. Itching after a few days? Normal. Looks a bit dull while healing? Also normal. It'll brighten up once it's fully healed. Don't panic and definitely don't pick at it. Trust the process. I've done this a few hundred times.

Long-Term Care

- **Moisturize regularly:** keeps tattoos vibrant
- **Always use sunscreen on healed tattoos:** SPF 30+ minimum
- **Stay hydrated:** healthy skin = healthy tattoos
- **Maintain healthy skin:** exercise and good diet help

When to Call Me

I'm serious. If you see any of this stuff, hit me up immediately:

- Excessive redness or swelling after 3 days
- Yellow or green discharge (not normal plasma)
- Fever or feeling unwell
- Red streaks extending from the tattoo
- Excessive pain that gets worse instead of better

Common Aftercare Questions

Can I work out after getting tattooed?

Wait 48 hours for light exercise, 1 week for intense workouts. Sweat can irritate fresh tattoos and gyms harbor bacteria.

Is itching normal?

Yes! Days 4-10 are usually the itchiest. Pat gently or apply moisturizer instead of scratching. It means you're healing!

When can I shave over it?

Wait at least 2 weeks, preferably 3. The skin needs to be fully closed and healed. Use a fresh, clean razor.

What products do you recommend?

Unscented Dove soap, Aquaphor for first few days, then Lubriderm or Eucerin. Avoid anything with fragrance or alcohol.