

# Body Art: Aftercare

Illness and injury, while rare, can result if aftercare instructions are not followed.

Health Associates

## Take aftercare instructions seriously

- Talk to your artist about aftercare before your procedure. Be sure the requirements are something you can follow.
- With all new body art, seek medical treatment with concerns and notify your body art facility.

## Tattoo aftercare:

- Wash your tattoo morning and night
- Follow the bandaging requirements of your artist
- Keep your tattoo moisturized, as directed
- Avoid direct sunlight, shaving tattoo (one month), tight clothing (two weeks)
- Do not submerge your tattoo in water until fully healed (3-4 weeks)

## Piercing aftercare:

- Keep your piercing clean
- Wash your hands before handling the piercing
- Use recommended cleaner to gently clean piercing
- Rinse all cleaner off piercing area and pat dry
- For ear/facial piercings, ensure your phone and pillowcase are cleaned regularly
- Do not rotate jewelry
- Avoid submerging piercing for 2-3 weeks or until healed
- For oral piercings, use antimicrobial alcohol-free mouth rinses and/or sea salt rinses. Avoid sharing utensils and chewing gum or other objects that harbor bacteria

