STOIC BODY ART

TATTOO AFTERCARE

Keep it clean. Keep it protected. Let it heal.

THE FIRST DAY & DAILY CARE

• Follow your artist's bandage instructions. For adhesive film, use the removal time provided by your artist. Remove it sooner if it leaks, lifts and exposes the tattoo, or causes a skin reaction. Never reuse a bandage.

• Wash your hands first. Once uncovered, gently wash the tattoo twice daily with lukewarm water and mild, fragrance-free soap. Use clean fingertips, rinse well, and pat dry with a clean paper towel.

• After the skin dries, apply a very thin layer of Lucky Luna tattoo care with clean hands, as directed by your artist. Avoid a thick, shiny, sticky layer. Discontinue if a rash or irritation occurs.

• Wear clean, loose clothing. Avoid friction, shaving, scratching, picking, peeling, or exfoliating the area.

SUN, TEMPERATURE & WATER

• SUN: Keep healing tattoos out of direct sunlight and tanning beds. Cover with loose clothing. Do not put sunscreen directly on the tattoo until healed. Once healed, use broad-spectrum SPF 30+ and reapply every two hours outdoors.

• HEAT & COLD: Avoid saunas, steam rooms, hot tubs, heating pads, and direct ice packs. Use lukewarm shower water. Protect the area from extreme heat, wind, and cold with clean, loose clothing.

• SWIMMING & SUBMERSION: Short showers are fine, but do not soak in baths, pools, lakes, oceans, or hot tubs until fully healed (often at least 2–4 weeks, sometimes longer). A waterproof bandage does not make swimming safe.

WHAT NORMAL HEALING LOOKS LIKE

• First days: Mild redness, warmth, swelling, soreness, and small amounts of clear fluid or ink-tinted drainage are common and should gradually decrease.

• Days 3–14: Itching, tightness, flaking, peeling, dull/cloudy appearance, and light scabbing can occur. Never pick or pull off flakes or scabs.

• Weeks 2–4+: Surface healing often takes several weeks; larger tattoos can take longer. Deeper layers continue healing after the surface looks healed.

WHEN TO GET HELP

• Seek prompt medical care for spreading redness, worsening pain or swelling, increasing heat, pus, foul odor, red streaks, fever, or chills. Severe swelling, hives, or trouble breathing require urgent medical attention.

• For healing questions, contact your artist or Stoic Body Art. Do not delay medical care if you suspect an infection.

YOUR ARTIST: MATT

Instagram: @mattmstoic | Call/text: 614-307-0862

Stoic Body Art: 614-370-7285