



Natasha Tsozik

Before & Aftercare Instructions

Before your Tattoo Appointment

A WEEK before the appointment.

- Keep the future tattoo area well moisturized.
- If you have a lot of dead skin there, GENTLY exfoliate it. Do NOT do it super close to your appointment.
- NO sunburns or other skin damage, like cat scratches or razor burns. Natasha won't be able to tattoo damaged skin.

The DAY of the appointment.

- NO ibuprofen, aspirin, or other blood thinning medication.
- NO alcohol.
- Don't be hungry. It helps with pain tolerance and stamina.
- Be well hydrated.
- Wear comfortable clothes that you're ok with being stained.

Let me know if you have any ALLERGIES.

Tattoo Aftercare Instructions

1) FOR HOW LONG TO KEEP THE COVER ON?

If your tattoo is covered with a non-adherent pad, go to step #5. If there are no contradictions, your fresh tattoo will be covered with Tegaderm film.

Take it off in 3-4 DAYS.

!If at any moment the tattoo becomes crusty, discolored, or extremely painful, seek medical attention.

2) Take it off IMMEDIATELY IF (go to steps 4 & 6)

• You start noticing REDNESS along the corners and edges of the film OUTSIDE the film (or any kind of reaction like puffiness, extra itchiness, etc. anywhere). Some people may be allergic to the adhesive. If you leave this film on while having that reaction it can lead to a burn.

• If the film is NOT SEALED anymore. For example, it is LEAKING outside the film or the film starts PEELING off prematurely and EXPOSING part of the tattoo. Bacteria can come through those channels and start breeding.

DO NOT rebandage the tattoo.

3) While Tegaderm is on

IT'S OK:

- + If the tattoo starts itching a bit closer to day 4.
- + To shower with this film on. Just don't rub it too much or use very hot water.
- + To wear clothes covering the film. !Not too tight though, to not irritate it.
- + Mild exercise without sweating a lot.
- + Pooling of plasma and ink UNDER the film. !If it's leaking outside—take it off.
- + If there're air pockets inside the sealed film. !If they connect with outside creating a channel—take it off.

DO NOT:

- Take a bath, hot tub, or swim. !Avoid swimming for about 2 weeks after getting a tattoo until it stopped peeling.
- Scratch the tattoo.
- Sweat a lot. Try to avoid activities leading to it. !Accumulation of sweat under the film can lead to a reaction or premature peeling off.
- Expose to direct sun. !The tattoo doesn't have the protection of skin yet, 'cause it's a fresh wound. And sun radiation can go directly inside.

4) Taking the film off

!Wash your hands well before touching the tattoo.

The easiest way to take this film off is under running water (shower for example). Peel a corner, let the warm water and soap (preferably unscented) in, and SLOWLY and GENTLY work it. Don't roughly tear it away. You may damage the tattoo like that.

After peeling the film off, lather your tattoo with soap and gently wash away all the gunk.

PAT (don't rub) the tattoo dry with a CLEAN towel. Apply WATERBASED moisturizer.

5) If your tattoo is covered with a non-adherent pad

If you have a history of reacting to medical adhesive, your tattoo will probably be covered with a non-adherent pad. Keep it on overnight. Then gently wash your tattoo with clean hands in the morning. Lather your tattoo with soap and gently wash away all the gunk. PAT (don't rub) the tattoo dry with a CLEAN towel. Apply WATERBASED moisturizer. DO NOT rebandage the tattoo.

Then keep the tattoo clean and moisturized till it heals. Keep an eye out for any signs of infection. Avoid rough fabrics or tight-fitting clothes, everything that touches your fresh tattoo should be clean (like clothes, towels, and sheets).

!If at any moment the tattoo becomes crusty, discolored, or extremely painful, seek medical attention.

6) After the film is off

For the first 2 weeks wash it AT LEAST twice a day and keep moisturized with WATERBASED moisturizer.

Do NOT use PETROLEUM-based products like Baby oil, Aquafor, A&D ointment, Vaseline, or any antibiotic-containing products (Neosporin, etc.). They don't help to heal and even may prolong the healing process.

Little goes a long way, don't use too much of a product. Applying too much can clog pores and lead to tiny pimples, that can take ink away when healing.

If the tattoo feels dry, wash it and apply moisturizer.

7) Making your tattoo last longer

Even after it completely heals (about a month) keep it moisturized and apply sunscreen when exposed outside.

Signatures

This contract may be signed electronically or in hard copy. If signed in hard copy, it must be returned to the