

Aftercare.

THE HEAL PROTOCOL

You just sat through hours of intentional pain to wear something permanent. The next **two to four weeks** decide how that work ages — sharp and clean, or muddy and ghosted. This isn't optional. Follow the protocol.

— PHASE 01 · FIRST 24 HOURS

Leave the bandage alone.

- Keep the Saniderm / second-skin on. Don't touch, don't peek.
- Fluid buildup under the wrap is normal — that's plasma, ink, and a little blood. Don't panic.
- If the wrap leaks heavily, peels off, or pools fluid in the first 24 hours, message me before doing anything.
- Avoid heavy sweating and direct pressure on the area.

— PHASE 02 · DAYS 1 TO 3

Stay covered. Stay dry.

- Keep the second skin on through this window. Resist the urge to inspect.
- **No soaking.** No baths, no pools, no oceans, no hot tubs.
- Showers are fine — keep them short. Don't blast direct water on the wrap.
- Loose clothing. Tight fabric rubbing the area causes friction damage.

— PHASE 03 · DAY 3 TO 5

Removal & first wash.

- Remove the second skin in a **warm shower**. Peel slowly, pull *down* with gravity — never yank up.
- Wash gently with unscented antibacterial soap (Dr. Bronner's Baby, Cetaphil, or Hibiclens).
- Use only clean fingertips. No washcloths, no loofahs, no scrubbing.
- Pat dry with a clean paper towel. Don't rub.
- Air dry the area for 10–15 minutes before applying anything.

— PHASE 04 · DAYS 5 TO 14

The heal.

- Wash 2–3 times daily with unscented soap. Pat dry each time.
- After washing, apply a **thin** layer of unscented lotion — Lubriderm, Cetaphil, or Aquaphor sparingly. Too much smothers the skin.
- The tattoo will start peeling like a sunburn. **Do not pick. Do not scratch.**
- If it itches: slap it lightly, don't scratch.
- The color will look dull and cloudy. This is the "milky scab" stage. It's normal. The color comes back.

— PHASE 05 • DAYS 14 TO 30

Full color returns.

- Continue moisturizing 1–2 times daily.
- Peeling and flaking finishes during this window.
- Full color saturation comes back around day 30.
- Avoid direct sun on the area. When outside, **SPF 30+** on the piece.

— PHASE 06 • FOREVER

Long-term preservation.

- **SPF is everything.** UV is the #1 enemy of black-and-grey realism. Sunscreen religiously to keep grey wash and detail crisp.
- Moisturize when the area looks dry. Years from now, this work should still hit.
- Avoid harsh exfoliants or scrubs directly on the tattoo.

NEVER (FOR AT LEAST THE FIRST 2–4 WEEKS)

- × Pick at scabs or peeling skin
- × Scratch the area
- × Soak the tattoo — bath, pool, ocean, hot tub
- × Sit in direct sunlight
- × Use scented soaps or lotions
- × Wear tight clothing that rubs
- × Let pets lick the tattoo
- × Hit the gym hard the first week
- × Re-bandage after the second skin comes off
- × Apply Vaseline, Neosporin, or thick ointments

STOP AND CALL A DOCTOR IF

- ! Red streaks spread out from the tattoo
- ! Fever or chills
- ! Excessive swelling or pus past day 3
- ! Severe pain beyond day 4
- ! The area feels hot to the touch and is getting worse, not better

That's not normal healing — that's infection. Don't wait it out.

Questions during the heal?

Send a photo. I'd rather you ask than guess.

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TAKE CARE OF THE WORK.

— **Jeremiah · Limitless Tattoo**