

Paramedical Tattoo Pre & Post Care Instructions

PRE-CARE BEFORE YOUR APPOINTMENT

- Exfoliate minimum 3 days before to get rid of any dead skin cells on your body, shave/wax areas, no laser treatments at least 4-6 weeks before working on the treated area.
- Please make sure your skin is not tanned so that we can match your correct skin tone. (Doesn't apply to Inkless (ISR) stretch mark revision)
- No alcohol a couple of days before & NO blood thinners 3 days before your appointment.
- No fish oil supplements for 7 days prior to any appointment.
- Wear loose clothes on the day of the appointment; the areas treated will be slightly tender.
- Please eat a healthy, well-balanced meal before we meet and drink lots of water.
- Be clean, washed but no lotion, oils, or sweat on the skin.
- No Antibiotics. Being on antibiotics 20 days before treatment and 40 day after the treatment can slow down the healing process.
- No Intense Working out Weight lifting and strenuous exercise should be avoided at least 2-3 days before your session - if you are not already a gym regular. Putting strain on your muscles can cause swelling and muscle soreness, which may heighten the sensation of the tattoo and increase healing time.

****Just a reminder: Pain receptors are heightened if you're menstruating, so please plan accordingly for procedure dates to avoid added discomfort****

DURING THE FIRST 48 HOURS

- Wash the area antiseptic soap (if possible)
- Pat the area dry with paper towels, tissue or clean towel.
- Apply a thick layer of after care balm or Bepanthen morning and night (or as needed).
- Protect the treated area by always wearing clean, loose shirt, pants, dress, pyjamas etc.
- Use a clean pillow case and clean sheets from the day of your appointment
- Always apply a thin layer of moisturiser before showering.

YOUR ROUTINE FOR 7 DAYS

- Every 4 - 6 hours apply after care, Bepanthen in the treated area to stimulate the camouflage scar / stretch marks healing.

DURING THE FIRST 10 DAYS

- Never scratch or remove scabs, if itchy apply more aftercare balm, Bepanthen or fragrance free moisturiser.
- It is important that IF there is any protective scabs that they stay on during the healing process. Please wear loose clothing to avoid any lifting.
- NO Swimming pools
- NO Saunas
- NO Beaches
- NO Baths / spas / hot tubs
- NO excessive sweating
- NO excessive heat, suffocation or friction / rubbing in the treated areas.
- Avoid tight clothing ie: tight jeans / tops / compression leggings

WHAT TO EXPECT:

- The treated areas will be red for a couple of weeks, expect itching as the skin heals.
- After which the skin will turn DARK this is normal and is part of the healing process. You will see the actual results after 4-8 weeks depending on how fast your skin heals.
- Please schedule your follow-up appointment approx 3 weeks after Inkless and approx 4 weeks after Ink camouflage treatments so we can monitor your progress. We require a photo before booking follow up appointments to assess if you still need more healing time.

SWELLING

- Excessive swelling, although rare may occur due to an allergic reaction. If excessive swelling occurs you should consult your doctor. If any allergic reaction causes difficulty breathing and or / swelling call 111 or go to Accident & Emergency Immediately.

LED RED & INFRARED

- Depending on the client we may suggest a session of these prior and during your treatments.
- LED stimulates blood circulation and lymphatic flow through the areas. In some cases prior LED treatment can reduce the colour of red scars by up to 50% and therefore makes Inkless Skin Revision less invasive.
- As discussed in your consultation multiple sessions may be required to achieve the desired results.
- Always message with any concerns or questions along the way so we can best support your healing journey. In an emergency seek medical advice and be sure to let us know.

TANNING / SUMMER

- Sun exposure / tanning is strictly forbidden for the next 30-40 days.
- NO Fake tanning for at least 5 weeks after and at least 3 weeks before Pigment (INK) Camouflage treatments.
- NO Swimming in chlorinated pools for 3 weeks after treatment.
- NO Direct sun or tanning beds for 6 weeks after treatment.
- There is no issue with tanning for both Inkless and Camouflage treatments once all healing is completed.

CAMOUFLAGE TOUCH UPS

- As per your consultation, you may require a series of Pigment (INK) Camouflage following any Inkless (ISR) sessions. Please book your sessions within 3 months of the session prior.