

Aftercare Instructions & Acknowledgment

Detailed aftercare instructions for tattoo and piercing clients with signed acknowledgment

Client Information

First Name *

Last Name *

Email Address *

Phone Number *

Date of Birth *

MM / DD / YYYY

Service Received

Service Received Today *

☐ Tattoo ☐ Body Piercing

Body Location *

Tattoo Aftercare Instructions

Tattoo Aftercare Instructions:

First 24 Hours:

- Leave the bandage/wrap on for the time recommended by your artist (typically 2-4 hours, or up to 24 hours for second-skin bandages)
- When removing the bandage, wash gently with lukewarm water and fragrance-free antibacterial soap
- Pat dry with a clean paper towel — do NOT rub
- Apply a thin layer of recommended aftercare ointment

Healing Period (2-4 Weeks):

- Wash the tattoo 2-3 times daily with fragrance-free soap
- Apply a thin layer of unscented moisturizer or recommended aftercare product
- Do NOT pick, scratch, or peel flaking skin — this is normal healing
- Do NOT submerge the tattoo in water (no pools, hot tubs, baths, or ocean) for at least 2 weeks
- Do NOT expose the tattoo to direct sunlight during healing
- Wear loose, clean clothing over the tattoo
- Do NOT apply Neosporin, petroleum jelly, or alcohol-based products

Long-Term Care:

- Always apply SPF 30+ sunscreen to healed tattoos when in the sun
- Keep the tattoo moisturized
- Contact the studio immediately if you notice signs of infection: excessive redness, swelling, pus, fever, or red streaks radiating from the tattoo

I confirm that I have received verbal and written aftercare instructions for my tattoo and understand that failure to follow these instructions may result in infection, scarring, or poor healing.

I have received and understand the tattoo aftercare instructions: _____

Piercing Aftercare Instructions

Piercing Aftercare Instructions:

Daily Care:

- Clean the piercing 2 times daily with sterile saline solution (0.9% sodium chloride)
- Do NOT rotate, twist, or move the jewelry during healing
- Do NOT touch the piercing with unwashed hands
- Do NOT use alcohol, hydrogen peroxide, or harsh antiseptics
- Do NOT remove the jewelry during the healing period

Healing Times (approximate):

- Earlobe: 6-8 weeks
- Ear cartilage: 6-12 months
- Nostril: 4-6 months
- Septum: 6-8 weeks
- Lip/Labret: 6-8 weeks
- Tongue: 4-6 weeks
- Navel: 6-12 months
- Nipple: 6-12 months

Important:

- Avoid swimming in pools, hot tubs, and natural bodies of water during healing
- Avoid sleeping directly on a new piercing
- If the piercing becomes infected (excessive redness, pain, pus, swelling), contact the studio or see a healthcare provider — do NOT remove the jewelry as this can trap the infection
- Downsizing the jewelry (switching to a shorter post) is recommended once initial swelling subsides (usually 4-6 weeks)

I confirm that I have received verbal and written aftercare instructions for my piercing and understand that failure to follow these instructions may result in infection, migration, rejection, or prolonged healing.

I have received and understand the piercing aftercare instructions: _____

Consent & Signature

I acknowledge that I have received complete aftercare instructions for the service(s) I received today. I understand that proper aftercare is essential for healing and that failure to follow these instructions may result in complications. I accept responsibility for the care of my tattoo/piercing.

I confirm I have read and understood the above information and give my informed consent.

I have read and understand the above information: _____

Signature

Date

Print name

Date *

MM / DD / YYYY

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