



## **SCAR CAMOUFLAGE BEFORE AND AFTER CARE:**

### SCAR CAMOUFLAGE BEFORE CARE:

- No sauna or tanning 1 week prior
- No blood thinners or pain killers
- No working out day of
- No alcohol in your system
- Must be at least 12 weeks post op with healed wounds  
No antibiotics 2 months prior

\*Not following these rules will result in forfeiting your appointment and deposit

### SCAR CAMOUFLAGE AFTERCARE **Cleansing:**

- Make sure hands are clean before you touch your tattoos and before you wash them.
- When you get home, you can remove the bandages.
- Wash your new tattoos before bed with lukewarm water and unscented soap or cleanser.
- Apply the aftercare that is given to you by Haven in a thin layer after cleaning.
- Repeat in the morning. You will continue this for 5 days minimum.
- Please remember this is a new tattoo and should be cared for like an open wound. Do not over saturate with aftercare balm and lotions. You don't want to let the area get too dried out either.

- Use only unscented lotion for 2 weeks, such as LubriDerm or Cetaphil, after your 5 days of aftercare balm.
- Limit the wear of tight clothing for the first 48 hours, you will need to let the area breathe as much as possible during the healing process.

#### SCAR CAMO AFTER CARE **Things to Avoid:**

- No application of any scented lotions or tanning lotions for first 2 weeks.
- No scratching, picking or peeling any dry skin or flakiness.
- No foreign body fluids in or around the tattoo for 5 days.
- No activities that will cause extreme sweating for 5 days.  
No swimming pools, hot tubs or other bodies of water for 5 days.
- No UV exposure (including tanning booths) for 5 days.  
No laser light therapy, as it can darken/lighten or distort the pigment of the tattoo color.
- No exfoliants, retinol acids, glycolic acids and alpha hydroxy acids on the area for 30 days after the appointment (causes premature fading).
- No massages, facials or skin treatments for 5 days.

#### SCAR CAMO **After You've Healed:**

- Exposure to the sun and tanning beds can cause fading and discoloration of the pigment. Once completely healed, always apply sunscreen (50 SPF or greater) on the area if exposed.
- Avoid using chemical exfoliants on the areola, as it will cause fading.
- Do not do laser near your areola tattoo area (ipl). Some lasers may change the color of the ink.

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