

Tattoo Pain Chart Cheat Sheet

Pain Chart by Zone

Low Pain (1-3):

- Outer shoulder & outer arm
- Forearm (upper side)
- Calf & outer thigh

Medium Pain (4-6):

- Upper back & shoulder blades
- Stomach & hip
- Front of thigh

High Pain (7-10):

- Ribs & sternum
- Ankles & tops of feet
- Inner arm, elbow ditch, armpit
- Fingers, palms, kneecap

Aftercare Checklist

- ✓ Leave the bandage on for the recommended time
- ✓ Wash gently with mild, fragrance-free soap
- ✓ Pat dry, never rub
- ✓ Apply a thin layer of unscented moisturizer or tattoo film
- ✓ Avoid direct sunlight and submerging the tattoo
- ✓ Don't scratch or pick at scabs
- ✓ Wear loose, breathable clothing
- ✓ Stay hydrated and keep your immune system happy