



## TATTOO AFTERCARE

Every new tattoo needs proper healing and care. To minimise complications, and get the best end-result, you *must* follow these steps. Every step is important, so be patient and read these instructions carefully.

### STEP 1

Remove the bandage 2-4 hours after getting tattooed, and wash your tattoo with clean hands in warm running water with mild soap. Gently wash away any ointment, dried blood or plasma and completely clean the area. Be sure that all secretions and soap residue are rinsed off.

After washing the tattoo, lightly pat it dry with a paper towel or a clean towel and let it air dry for 1 or 2 hours.

### STEP 2

With clean hands, apply a thin layer of Protat or Bepanthen cream (available from the front-counter at the studio). Rub the cream in gently as this will help stimulate the skin and bring blood flow to the area which helps in the healing process. Keep your tattoo moist with cream for most of the time during the after care.

### STEP 3

For small tattoos (where the process took 3 hours or less) or outlines, it is not necessary to re-bandage the area unless told otherwise by your tattoo artist.

For larger tattoos (where you had an extensive area shaded in or coloured) re-bandage with cling wrap and surgical tape for the first 3 days to give the area a period of time to seal up and prevent airborne bacteria from entering.

Re-bandage at night before sleeping and remove the bandage in the morning before your shower. You also might want to re-bandage it before going to work if there is a possibility that your fresh tattoo will come into contact with soil, dirt, oil, debris, sand, dust, bacteria, etc. Avoid oral contact, or contact with pets.

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Depending on the extent and location of the work, a fresh tattoo can seep out fluids for up to 12 hours. Re-bandaging in this case, will protect your clothes and sheets from getting stained. Placing a clean towel on your sheet is another way to prevent stains.

Showers twice daily are recommended to keep your tattoo clean during the healing period. But make sure the water doesn't beat directly onto your tattoo.

Avoid saunas, spas, tubs, pools and water sports. Keep your tattoo out of salt water and chlorine until it is fully healed. Do not submerge your tattoo in water during the healing period.

A tattoo will take from 1 to 2 ½ weeks to heal. Do not expose it to direct sunlight until it is healed. After that, we advise using a sun block (SPF 30+ or above) to help keep the tattoo from fading. This also applies to sun bed tanning. Never apply spray-tan lotion during healing.

When it's healing, the skin under your tattoo will start to feel dry and tight. You will need to continue applying cream as mentioned in Step 2. You will notice a light flaking of the skin which resembles sun-burn peeling - except sometimes the skin flakes will have some ink pigments on it. Don't panic as this is normal and doesn't mean your tattoo is falling off! Occasionally a scab will form and any itching that accompanies this is perfectly normal.

A gentle slap or a thin application of cream will generally ease the itching. Never pick or scratch the scab or help it fall off, otherwise it can cause your tattoo to bleed which could result in pigment loss.

Do not shave, wax or exfoliate the area until your tattoo is fully healed.

Be sure that any clothing that touches your tattoo is soft and clean. Tight clothing, polyesters and nylons can rub and lead to heavier than normal scabbing of the tattoo.

Do not over-exercise the tattoo area and make sure your tattoo is moist before any physical activity. Once the peeling and flaking process is finished, you will notice the skin over the tattoo is shiny. There may (or may not be) a small area that appears cloudy or white. Do not worry too much about this for now. Within a month or so the tattoo will be settled and it should look great! That's the best time to take pictures to send to your friends!

### IMPORTANT

If you experience any problems with these after-care instructions or mentioned products, please discontinue use and contact the studio. Above all, when it comes to tattoo advice listen to your professional tattoo artist rather than your friends as we are experienced and know what is best for your tattoo/s. Your tattoo has been created by an expert under strict hygienic conditions. Now it's your turn to keep it clean and looking great.