



TATTOO AFTERCARE INSTRUCTIONS

Important Information for Proper Healing

Your new tattoo is a superficial skin wound and requires appropriate care to heal properly. Your tattoo artist will have covered the tattoo with either **self-adhesive household film/plastic wrap** or a **sterile gauze dressing**. Remove the dressing according to your artist's instructions: **sterile gauze: 2–4 hours; household plastic wrap: several hours or until the following day**.

CLEANING & INITIAL AFTERCARE

1. Wash your hands thoroughly before touching the tattoo or removing the dressing. Use mild, hypoallergenic liquid soap from a pump dispenser; do not use a bar of soap.
2. Carefully remove and discard the dressing. If ink, ointment, or residue is on your hands, wash them again.
3. Gently wash the tattoo with clean hands and mild, hypoallergenic soap. Do not scrub or use a washcloth, sponge, or exfoliating product.
4. Rinse thoroughly so all soap residue is removed.
5. Pat dry with clean disposable kitchen paper (use that roll only for the tattoo), a clean lint-free cloth, or allow to air-dry.
6. When completely dry, apply a thin layer of the hypoallergenic aftercare ointment recommended by your tattoo artist, using clean hands.
7. If instructed by your artist, cover with fresh household plastic wrap. Do not place the first section of the wrap directly against the tattoo.

FIRST 2–3 DAYS

Repeat the cleaning, drying, ointment application, and re-covering procedure **twice daily for 2–3 days**. This helps maintain a clean, appropriately moisturised environment during the initial healing stage and may reduce excessive scab formation.

CONTINUED AFTERCARE

- Wash the tattoo **2–3 times daily** and apply a **thin layer of aftercare ointment** as needed.
- Keep the tattoo clean and adequately moisturised; always wash your hands before touching it.
- Continue until fully healed. **Typical healing time is approximately 2–3 weeks**, but varies with the individual, tattoo size, and location.
- Avoid excessive ointment. The tattoo should be moisturised, not greasy or saturated.

DURING THE HEALING PERIOD

Avoid prolonged exposure to water

No baths, swimming, pools, hot tubs, or saunas until completely healed.

Protect from sunlight

Avoid direct sunlight for **at least 2 months**. Once healed, use a **high-SPF, broad-spectrum sunscreen** when exposed to UV.

Wear clean clothing

Wear clean clothing over the tattoo and avoid tight clothing or repeated friction.

Do not scratch or pick

Itching, peeling, and flaking can occur during healing. **Do not scratch, pick, or pull loose skin.**

Disinfectants & antibiotics

Skin disinfectants may irritate or interfere with healing. **Do not use topical or oral antibiotics unless specifically advised by a doctor.** Unnecessary antibiotic use may cause allergic reactions and contributes to antibiotic resistance.

IMPORTANT

Seek medical advice if you develop **increasing redness, significant swelling, severe or worsening pain, excessive warmth, pus or abnormal discharge, fever, red streaks extending from the tattoo, or other concerning symptoms**. If you have concerns about healing, contact your tattoo artist and/or a healthcare professional.

Always follow the specific aftercare instructions provided by your tattoo artist, as dressing methods and products may vary.