

STEP 4: PROTECT YOUR TATTOO FROM THE SUN

Your new tattoo is fragile and sensitive to UV rays. Sun exposure can cause fading and interfere with healing. Avoid direct sunlight for the first two to four weeks, and cover your tattoo with loose clothing if you need to be outdoors.

Once healed, apply a Sunscreen with at least SPF 30 regularly to protect your tattoo from UV damage and keep it looking fresh.

STEP 5: AVOID STRENUOUS ACTIVITY

Working out can introduce bacteria to your fresh tattoo through sweat, overstretching healing skin, and cause scabs to tear. **Wait 48 hours** before doing light activities like walking or cycling. For the **first four to six weeks**, avoid strenuous exercises and clean your tattoo immediately after any physical activity.

STEP 6: AVOID TIGHT CLOTHING

Wear loose, breathable fabrics over your tattoo during the healing process. Tight clothing can stick to lotions or gels, pull off scabs, and cause unnecessary pain or irritation. Dedicate a few pieces of clothing specifically for this stage to prevent ink from staining your wardrobe.

STEP 7: DO NOT PICK AT SCABS

Scabbing is a natural part of the healing process. Picking at scabs can pull ink out of your skin, leading to patchy spots and scarring. Resist the urge to scratch, and use your moisturizer to calm any itching.

STEP 8: AVOID SWIMMING

Pools, hot tubs, and natural bodies of water expose your fresh tattoo to bacteria and chemicals, which can lead to infection. Avoid swimming for the first **two to three weeks** or until the scabs have fully healed. Showering is safe as long as you're gentle and avoid soaking the area.

