



T a t t o o A f t e r c a r e I n s t r u c t i o n s

The healing process of the tattoo proceeds differently depending on care, skin type and body part. For the best possible healing, the following points must be observed:

- after tattooing no intensive activities can be performed
- leave the second skin plastic wrap (self sticky) on your tattoo for 24 to 72 hours and remove it very slowly to avoid irritation of the area.
- for the next two days after removing the plastic wrap wash the tattoo with antibacterial soap and rinse with clean water
- carefully dab dry with clean paper towels
- after four days of getting your tattoo start thinly applying a unscented skin ointment like (lubriderm, aveeno, eucerin, cerave, cetaphil) to your tattoo 2 times a day for the next 10 days in order to protect your skin from drying out
- third week, apply unscented skin ointment once a day
- no activities like workouts for at least one week

During the healing process it should be generally observed:

- do not stretch tattooed area excessively, caution in sports and other physical activities
- avoid extensive showers and bathing / no swimming on rivers, beach or pools during the first two weeks to avoid infection
- avoid contact with dirt, oil or pets to avoid the tattoo getting infected
- itching is part of the healing process, **do not scratch!**
- avoid solarium and direct sunlight for four to six weeks
- use only a sunblock 30+ on the tattooed area after it heals to protect the tattoo from the sun, **do not use sunblock during the 2 week healing process!**

