



Congratulations!

We hope you love your latest addition!

Design: _____

Date: _____

Retouch: _____

Ink used: _____

Artist: _____

YOUR TATTOO AFTERCARE GUIDE

Now that you have a beautiful piece of body art, remember it is a wound and needs dedicated care and attention to allow it to heal correctly.

CLEANING INSTRUCTIONS

- **Keep the protective dressing** placed by your artist over your tattoo for a minimum of 3-4 hours - or advised by your artist - to protect it from external bacteria and to capture any blood, ink and plasma.
- **Wash** your hands thoroughly with antibacterial soap before touching your tattoo to reduce the risk of bacteria coming into contact with your wound.
- **Remove the dressing** gently and wash your tattoo with warm water and antibacterial soap. We recommend using the palm of your hand firmly and pat it dry with a paper towel
- **Apply** a thin layer of natural moisturising cream as and when the tattoo skin is dry. Never apply too much that it stays wet, just enough to ensure the dry skin isn't flaking off. Ensure your cream is formulated for skin regeneration and allows the area to remain breathable – no benzophenone or antiseptic creams

We recommend natural hemp balm, coconut oil or Tattoo Goo

- **Keep your tattoo clean** and dry at all times. Avoid dusty, dirty, hot or wet activities and keep your tattoo covered with a non-stick, non-abrasive, breathable gauze or dressing at all times.
- As long as you follow our guidelines and use approved moisturising creams regularly you are welcome to a free retouch at 4-6 weeks for any ink drop out due to natural healing.

BEST PRACTICE & HANDY TIPS

- Wash your hands thoroughly before touching near your tattoo and ensure any clothing or accessories near it are clean and not pressing on it.
- Do not use any abrasive products such as alcohol, tcp, surgical spirit, or creams as these can cause irritation and reactions.
- Do not over moisturise and keep dry at all times.
- Do not pick or scratch the tattoo and do not remove any scabs.
- Avoid perfumed creams, body products, soaps, perfumes and sprays on or near your tattoo.
- Do not use cotton tips, cotton pads, fabric towels and cloths near your tattoo as fibers can get caught on the dry skin and pull out the ink.
- Avoid soaking your tattoo in the bath or extended periods of time in the shower.
- Do not use sunbeds or natural tanning until the tattoo is fully healed.
- Avoid tight clothing/ footwear on your tattoo until fully healed. Leave to air in a clean environment where possible.
- Avoid swimming and shared bathing water while healing, for at least 3-4 weeks due to bacteria in the water can lead to infection of open wounds.

WHAT TO EXPECT & WHAT'S NORMAL

Everyone heals differently with different health and sensitivity levels so here is what may or may not happen:

- During healing expect some discolouration, itching and plasma secretion.
- Localised redness, swelling, tenderness and/or bruising.
- The top skin will heal first so may feel tight, this does not mean it's healed all the way through.
- A tattoo may seem healed before the healing process is complete. This is because the tissue heals from the outside first and the inside will remain fragile.
- The skin will naturally scab and ensure that the scab is not accidentally pulled off – and no picking – as this will pull the ink out unnaturally.
- Contact us in the very first instant with any concerns via Whatsapp 07471 740 024

A healthy body heals a healthy tattoo. Illness, medication, stress and trauma can affect healing. We wish you a happy and healthy healing journey with our guide on what your tattoo needs.

