

TATTOO POST TREATMENT ADVICE

LOST CAUSE CLUB



LISTEN TO YOUR ARTIST

Your tattoo artist is your first source of guidance when it comes to aftercare. They'll provide specific instructions, so pay close attention to their advice and ask questions if anything is unclear.

KEEP IT COVERED

After your tattoo is completed, your artist will typically cover it with a sterile bandage or plastic wrap. Leave this on for the recommended time, usually a few hours to overnight, to protect it from bacteria and contaminants.

CLEAN WITH MILD SOAP AND WATER

Gently wash your tattoo with lukewarm water and a mild, fragrance-free soap. Use your clean hands and avoid using washcloths or abrasive sponges. Rinse thoroughly and pat it dry with a clean, soft cloth or paper towel.

APPLYING ANTIBACTERIAL OINTMENT

If you've received advice from your artist to use antiseptic ointment, be sure to select a suitable tattoo aftercare brand. Your artist will be able to offer their recommendations when your tattoo is finished.

MOISTURISE REGULARLY

Once the initial scabbing starts to subside, switch to a fragrance-free, hypoallergenic moisturiser or tattoo-specific aftercare product. Apply a thin layer to keep the skin hydrated, which aids in the healing process and maintains the tattoo's vibrancy.

STAY HYDRATED

Proper hydration is essential for healthy skin. Drink plenty of water to help your skin heal from the inside out. Hydrated skin is less prone to scarring and infection.

PROTECT FROM SUNLIGHT

Shield your fresh tattoo from direct sunlight, as UV rays can fade and damage the ink. If you must be in the sun, use a high SPF sunscreen on your tattoo, and wear clothing to cover it.

DON'T PICK AT SCABS

As your tattoo heals, it will develop scabs or flakes. It's crucial not to pick, scratch, or peel them off, as this can pull out the ink and also lead to scarring or colour loss.

AVOID SOAKING

For the first few weeks, avoid prolonged exposure to water, such as swimming or soaking in hot tubs. Quick showers are preferable to long baths.

SKIP SAUNAS AND STEAM ROOMS

Excessive heat can cause your tattoo to sweat excessively, which may lead to colour fading or infection. Avoid saunas and steam rooms during the initial healing phase.

NO TIGHT CLOTHING

Wearing tight clothing over a fresh tattoo can rub and irritate it. Opt for loose-fitting attire to prevent unnecessary friction.

DON'T OVERAPPLY PRODUCTS

Applying too much ointment or lotion can clog pores and hinder the healing process. Follow your artist's recommended frequency and amount for product application.

AVOID POOLS AND HOT TUBS

Chlorine and other chemicals found in pools and hot tubs can be harsh on a fresh tattoo. Wait until your tattoo is fully healed before taking a dip.

REGULAR CLEANING AND MOISTURISING

Tattoo aftercare isn't a one-time task. Consistency is key. Stick to your cleaning and moisturising routine until your tattoo is completely healed.

HOW DO I KNOW IF MY TATTOO IS INFECTED?

Even when tattoo aftercare is followed thoroughly, infection can still happen and it is important to **seek medical advice promptly** so they can prescribe you any needed medication. Below is a list of symptoms that may suggest your tattoo is infected.

- **Increased Pain:** If your tattoo becomes significantly more painful instead of gradually improving.
- **Swelling:** Excessive swelling around the tattooed area, especially if it persists or worsens.
- **Redness:** An infected tattoo can appear redder than usual, spreading beyond the tattoo boundaries.
- **Heat:** The tattooed area might feel unusually warm to the touch.
- **Pus or Discharge:** If you notice any discharge, this can indicate infection.
- **Fever:** Systemic signs like fever and chills may occur in severe cases.

It is important to remember that **swelling and mild pain are normal** after a tattoo, however, **if they increase in severity or last for a long period**, it is recommended that you speak to your artist or **seek medical advice**.