



estlin ink

tattoo aftercare

DAY 1

Wash your hands with soap and water before touching your tattoo. Gently wash your tattoo with lukewarm water and mild, unscented soap. Avoid hot water, as it can irritate the tattoo. Pat the tattoo dry with a clean, lint-free paper towel or allow it to air dry completely. Apply a thin layer of ointment. Do not rub the tattoo.

DAYS 2-14

Apply a very thin layer of healing ointment to the tattooed area. Use clean, washed hands to gently rub the ointment into the skin. Ensure the tattoo remains moisturized, but not overly greasy. Repeat the application of the healing ointment 1-3 times per day, or as needed to prevent the tattoo from drying out.

DAY 14+

Switch from the healing ointment to a regular unscented lotion such as Cera-Ve or Cetaphil. Protect your tattoo from direct sunlight and tanning beds during the healing process. Apply a sunscreen (50+ SPF) if your tattoo is exposed to the sun. Avoid excessive sweating, as it can irritate the healing tattoo. If you must engage in activities that cause sweating, clean, gently pat dry, and apply lotion/healing ointment to the tattoo.



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tattoo healing don'ts



Avoid strenuous activities for the first week after being tattooed



Do not expose your healing tattoo to sunlight



Do not submerge your tattoo in water (pools/baths/hot tubs) for at least 3 weeks



Avoid excess sweating during the healing process



Do not scratch the tattooed area during the healing process



Never touch your new tattoo with dirty hands. Always wash hands before applying ointment to your tattoo

If you have any questions during your healing process, feel free to email me at estlinink@gmail.com