

Tattoo Aftercare Guide

Hey there! Congratulations on your new tattoo! Now, let's make sure it heals perfectly and stays vibrant for years to come. Follow these steps, and you'll have a masterpiece to show off in no time.

1. Trust the Process:

First off, thank you for choosing me for your tattoo! Listen up as I guide you through the aftercare. Every artist has their preferences, so stick to my recommendations for the best results.

2. Keep It Covered:

Your tattoo is covered for a reason! Leave that bandage on for at least 3h. It shields your fresh ink from germs and helps kickstart the healing process.

3. Gentle Cleansing:

Once at home in a clean environment, give it a gentle wash with mild, fragrance-free soap and lukewarm water. No need for heavy scrubbing; your clean hands will do the trick.

4. Pat, Don't Rub:

After the wash, pat the area dry with a soft paper towel. Don't be too enthusiastic; we want to pamper that fresh tattoo, not irritate it. After washing cover it immediately with a new bandage or plastic wrap.

REMEMBER! DO NOT apply any moisturiser or any other creams for the first 24 hours.

5. Repeat Cleaning and Moisturizing:

Repeat the cleaning procedure in the morning and the following evening for the first 24 hours. After that, you can leave the tattoo uncovered but continue washing it with unscented soap twice a day (morning and night). At this stage, start applying a gentle and fragrance-free moisturizer after washing and patting the tattoo dry. Allow your tattoo to dry before reapplying the cream. **Do not cover your tattoo in a thick layer of cream.** Too much of it will cause complications.

Leave it unwrapped. Follow this routine until your tattoo is fully healed, usually taking between 2-3 weeks.

I recommend a few cream options but it's important you find out what works for you, here are some good and readily available options:

Benpathen – nappy rash cream, works well for most people

Palmers cocoa butter – ensure it is 100% natural with no additives, fragrances or perfumes

Coconut oil – 100% natural

E45 cream – lighter alternative, PH neutral moisturiser

6. Shade Your Tattoo:

Keep your tattoo away from direct sunlight and tanning beds during the healing process. UV rays are not friends with fresh ink—they can fade your artwork and irritate your skin.

7. No Water Parties:

While your tattoo is healing, stay away from swimming pools, hot tubs, and lengthy baths. Submerging it can slow down the healing process, and we want your tattoo to shine ASAP.

8. Resist the Itch:

I get it; tattoos can get itchy. But whatever you do, resist the urge to scratch! Gently pat the area instead to keep that delicate healing skin intact.

9. Wardrobe Choices Matter:

Opt for loose, comfy clothes to give your tattoo room to breathe. Tight fabrics rubbing against your fresh ink won't do it any favors.

10. Feed Your Skin:

A healthy diet and staying hydrated work wonders for your skin. Your tattoo will thank you for the extra TLC. Avoid drinking alcohol.

Red Flags? Let Me Know:

If something seems off—prolonged redness, signs of infection, or any unusual reactions—give me a shout or consult a healthcare professional. Your health and the longevity of your tattoo are my priorities.

Your new tattoo is a work of art, and I'm excited to see it flourish. Follow these steps, and your ink will be turning heads in no time. Happy healing!