

Tattoo Aftercare Instructions

TATTOO AFTERCARE INSTRUCTIONS

1. Immediate Care:

Keep the bandage on your tattoo for the first 2-4 hours after the procedure, as recommended by your artist. Wash your hands thoroughly before touching your tattoo. Gently remove the bandage and wash the tattoo with mild soap and lukewarm water. Pat the area dry with a clean paper towel or soft cloth.

2. Cleaning and Moisturising:

Wash the tattoo 2-3 times daily with mild, fragrance-free soap and lukewarm water. Apply a thin layer of fragrance-free, non-comedogenic tattoo aftercare ointment (such as Aquaphor or Tattoo Goo) or lotion, as advised by your artist. Do not over-moisturise. A light coating is enough.

3. Healing Process:

Avoid scratching or picking at the tattoo, as it may cause scarring and affect the design. It is normal for the tattoo to peel or flake as it heals; do not forcefully remove any scabs or flakes. Keep the tattoo clean and dry at all times. Wear loose, comfortable clothing over the tattoo to avoid irritation.

4. Sun Protection:

Avoid direct sunlight on the tattooed area during the healing process. Sun exposure can cause fading and discomfort. After healing, use sunscreen (SPF 30 or higher) on the tattoo to protect it from UV damage.

5. Activities to Avoid:

Avoid swimming in pools, hot tubs, or any body of water for at least 2 weeks after getting the tattoo. Avoid excessive sweating, especially from intense workouts, until the tattoo has healed. Do not wear tight or restrictive clothing over the tattoo while it's healing.

6. Warning Signs: If you experience any of the following symptoms, please contact your tattoo artist or a healthcare professional:

Severe redness, swelling, or pain that doesn't subside after a few days Pus or unusual discharge Fever or flu-like symptoms

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided.

Confirmation *

☐ I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.