

# General TATTOO AFTERCARE



*by artdoze.tattoos*

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Immediately after your appointment.

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## STAGE 2

Day 1 and Day 2

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The rest 14 days

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# STAGE 1

**This is, by far, the most critical stage in the tattoo aftercare process. At this stage your tattoo is like an open wound. It will ooze excess ink, plasma, and blood as your body reacts to the new wound. Your skin will also likely be red and feel somewhat sore, a little redness and swelling are to be expected. This is why it is very important to keep it away from any external damage or dirt.**

**Quick showers are fine, however in the next 14 days:**

- **AVOID at all costs sun exposure, saunas, sunbeds, submerging your tattoo in water, taking baths, swimming in pools, lakes, sea etc.**

## AFTER THE APPOINTMENT

- Keep cling film on for up to 2hours.
- Gently wash the tattoo with warm water and antibacterial soap.
- Ensure you have no soap residue left.
- Pat dry with clean paper towel and avoid rubbing the area.
- Only before bed wrap your tattoo in a new piece of cling film, to avoid staining your bed. In the morning dispose of the cling film and wash the area again with soap and water and pat dry after.

# STAGE 2

## DAY 1 & DAY 2

**It is not uncommon for your tattoo to still ooze plasma, ink and fluids. This is why it is important to:**

- Morning and evening wash and pat dry the tattoo area.
- Wear dark loose clothing, to avoid scratching and rubbing the area or staining your clothes.
- Avoid touching the area with dirty hands. In case this happened make sure to wash the tattoo with soap again.

## THE REST 14 DAYS

Your tattoo will heal similar to a sunburn. The tattooed area will create a crust, which then will slowly start to scab in the next days. During this stage you'll experience itching and irritation which are totally normal.

- Let your skin peel off naturally and **avoid picking those scabs.** Scratching and picking will create scar tissue and affect the final look. Allowing your skin to do its thing is important for proper healing.

# STAGE 3

## THE REST 14 DAYS

Your tattoo will also start to peel as the top layer of skin sloughs off and reveals the fresh layer beneath it. Don't panic if the crust looks way darker than the skin beneath as it is still healing. The tattoo underneath will darken in the next couple of weeks. Don't force any of the scabs they need to fall on their own time to allow for proper healing.

- For the next 14 days, apply a **tiny** amount of cream 2 to 3 times a day. Until the skin is no longer dry/flaky or shiny. I recommend using one of these.









You can find them at “Boots” or “Superdrug”.



- If you already have a special tattoo aftercare product that works well for you, continue using that.

# DON'T

## MAKE SURE TO AVOID

-  • Avoid saunas, sunbeds, swimming pools, lakes, sea etc. To keep your tattoo away from infection.
-  • Don't scratch, or pull any crust, this will lead to scarring.
-  • Don't over moisturize! The tattoo shouldn't be greasy from thick layers of cream. This will lead to outbreaks and clogging the pores. If you see a rash or an outbreak, cream less often a tiny amount.
-  • Don't soak, or submerge your tattoo in water.
-  • Avoid heavy exercising or gym for at least the first 5 days. Excessive sweating can affect the healing of your tattoo plus gyms are a dangerous environment for a new tattoo.
-  • Don't wrap your tattoo in cling film for the whole healing process, this will create moisture and will lead to bacteria growth.
-  • Avoid direct sunlight on the tattoo area for at least ideally 3 to 6 weeks. Tattoos are still healing and sun can damage their long-term look.
-  • Don't apply sunscreen or fake tan on a fresh tattoo. Wait at least 14days.

# STAGE 4

## FINAL TATTOO HEALING STAGE

Now you're entering the final stage of the healing process. The last of the dry skin will be working its way out. Scabs will be lessening and most of the skin shedding should wind down. Some areas stay dry for longer than others. It is important to keep up the hydration by using your normal daily moisturizer and drinking plenty of water.

Skin healing process may vary from person to person, as everyone's skin heals at a different rate. Generally the tattoo area should be completely healed within 3 to 6 months.

Make sure to always:

- Use 50SPF sunscreen when you go outside on a sunny day.

If long exposed to direct sunlight ink can become raised or itchy. That is why even with sunscreen on, it is good to cover your tattoo with a light fabric/scarf if you are sunbathing to avoid it from raising and preserve the colors of your tattoo.

## STAGE 5

### SKIN IS COMPLETELY HEALED

You are completely healed when your tattoo surface is clear and has an even texture and feeling as the rest of your skin. What you'll be left with is a bright, healthy, vibrant tattoo.

To preserve your tattoos long-term at their best.

- Moisturize daily
- Drink water
- Keep them out of the sun

### *Fine-line tattoos*

Fine-line tattoos and light colors are more prone to fading. This is why it is important to be consistent with the long-term care of your tattoos.