

TATTOO AFTERCARE

Keep this sheet until your tattoo is fully healed

Date	_____	Artist	_____
Dressing	☐ Adhesive film ☐ Absorbent dressing ☐ None	Remove / change at	_____

A fresh tattoo is a healing wound. Wash your hands before every contact and follow the dressing instruction marked by your artist.

YOUR DRESSING

☐ **Adhesive film / “second skin”**

- Leave it in place until the date and time written above. Wear time depends on the product, the tattoo and your skin.
- Remove it earlier if the seal breaks, it leaks, water gets underneath, or you develop increasing burning, rash or irritation.
- Wash your hands. In a warm shower, lift an edge and stretch the film slowly back over itself, close to the skin. Do not pull it straight upwards. Wash the tattoo afterwards.
- Do not re-cover it unless your artist has specifically told you to use a new, clean dressing.

☐ **Absorbent dressing**

- Remove it at the time written above. If a replacement is needed, wash your hands and use a fresh, clean, single-use dressing.

DAILY CARE UNTIL THE SURFACE HAS HEALED

- Wash gently once or twice a day, and whenever visibly soiled, with lukewarm running water and a mild fragrance-free liquid soap. Use clean fingertips only—no sponge, flannel or scrubbing.
- Rinse well and pat dry with clean single-use paper towel. Do not rub.
- If the skin feels dry or tight, apply a very thin layer of fragrance-free aftercare moisturiser with clean hands. Too much product keeps the area wet and can irritate it.
- Do not use alcohol, hydrogen peroxide, iodine, fragranced products, exfoliants or antibiotic creams unless a qualified healthcare professional tells you to.

PROTECT IT

- Showering is fine. Do not soak the tattoo or use baths, pools, hot tubs, the sea, sauna or steam room until the surface is fully healed.
- Avoid direct sun and tanning beds while healing. Once healed, protect it with clothing and broad-spectrum SPF 50 sunscreen.
- Do not pick, scratch or shave the area. Avoid tight or dirty clothing, friction, contact sports, and exercise that causes heavy sweating or stretching over the tattoo.

WHAT IS NORMAL

Mild tenderness, warmth, redness and swelling can occur at first, with a small amount of clear or ink-tinted fluid. Later, itching, flaking and light scabbing are common. The surface often settles in 2–4 weeks; deeper healing takes longer.

GET MEDICAL HELP

- Seek prompt medical advice if redness, warmth, swelling or pain is worsening or spreading; if you see pus, yellow/green discharge, a bad smell, red streaks, open sores or blistering; or if you develop fever, chills or feel unwell.
- Call emergency services for difficulty breathing, swelling of the face or throat, faintness, or rapidly spreading hives.
- Contact your artist for non-urgent dressing or healing questions, but do not delay medical care.