

# AFTERCARE INSTRUCTIONS

## DAY 1

WHEN YOU ARRIVE HOME, WASH YOUR NEW TATTOO WITH WARM SOAPY WATER TO REMOVE ALL OF THE EXCESS BLOOD AND PLASMA. MAKE SURE TO DAB YOUR TATTOO DRY WITH A CLEAN TOWEL OR KITCHEN ROLL, THEN LEAVE TO DRY OUT.

BEFORE GOING TO BED, WASH YOUR TATTOO AGAIN AND WRAP IT WITH FRESH CLING FILM AS YOUR TATTOO WILL LEAK OVERNIGHT AND STICK TO YOUR BEDDING.

#### DAY 2

WHEN YOU WAKE UP, GO WASH YOUR NEW TATTOO AGAIN WITH WARM SOAPY WATER, OR IN THE SHOWER (please avoid baths as you don't want to soak the healing tattoo) DAB DRY AND LET YOUR TATTOO BREATHE FOR THE DAY. MAKE SURE NOT TO WEAR TIGHT FITTING CLOTHING AS IT CAN STICK TO THE TATTOO AND AFFECT THE HEALING PROCESS. BEFORE BED, WASH YOUR TATTOO AND LET IT BREATHE OVER NIGHT AS YOUR TATTOO SHOULDN'T LEAK.

## DAY 3

TODAY YOU WANT TO REPEAT DAY 2, BUT AFTER WASHING YOUR TATTOO, YOU WANT TO APPLY SOME SORT OF MOISTURISER TO HYDRATE THE SKIN. I RECOMMEND PALMERS COCOA BUTTER, WHICH CAN BE PURCHASED AT MOST SUPERMARKETS.

### **DAY 4-14**

THE FIRST COUPLE OF DAYS ARE THE MOST IMPORTANT FOR LETTING YOUR TATTOO HEAL. FROM DAY 4 YOU STILL NEED TO BE WASHING YOUR TATTOO TWICE A DAY AS WELL AS APPLYING MOISTURISER TO KEEP IT HYDRATED. YOU WILL NOTICE THAT YOUR SKIN WILL START TO PEEL/FLAKE IN THE TATTOOED AREA, THIS IS NORMAL AS THE SKIN UNDERNEATH SHOULD ALREADY BE HEALED. KEEP YOUR TATTOO HYDRATED FOR 2 WEEKS SO IT STAYS LOOKING BRIGHT AND FRESH. YOU DON'T WANT YOUR NEW TATTOO TO LOOK FADED UNDER DRY SKIN.

MAKE SURE TO KEEP YOUR TATTOO CLEAN AND KEEP IT AWAY FROM ANIMAL HAIR OR DIRT AS THESE CAN CAUSE INFECTION. YOUR SKIN HAS JUST BEEN CUT OPEN, TREAT IT LIKE A CUT AND NOT LIKE A BURN!