

TATTOO AFTERCARE

Tattooing causes a major injury to your skin through which all kinds of microorganisms may enter your body. However a fresh tattoo that has been done with clean equipment in a clean environment and on clean skin can heal very easily and become beautiful. Aftercare done right can reduce the risk of an infection drastically and speed up the healing process a lot! Everything mentioned here should be done with clean hands or even better with rubber gloves. **Touching a fresh tattoo with bare hands should always be avoided.**

NO-GOs:

- No baths, swimming or sauna until the tattoo is completely healed!
 - **IT IS ALWAYS OKAY TO SHOWER**
- to reduce the risk of abnormal pigmentation, avoid direct sunlight and tanning beds for **AT LEAST 4 WEEKS** (better 2-3 months)
 - cover the fresh tattoo with thick cloth whenever you're outside
 - you can use sun cream after a minimum of four weeks of healing. Always use the highest SPF possible
- **DO NOT REMOVE ANY SCABS AND DO NOT SCRATCH!** It's going to itch a lot, try to resist the urge!
 - Slapping your skin with the open, inside palm sometimes helps
- Skin disinfectants should also be avoided
- The fresh tattoo should only come in contact with clean clothes

HEALING: (overview)

- Healing takes at least **4 WEEKS**
- You should practice the following routine at least **three times daily** for the first two weeks (or every 3-4h if possible)

1. Week	2. Week	3. Week	4. Week
min. 3x daily	min. 3x daily	min. 2x daily	min. 1x daily

AFTERCARE AT HOME:

1.	a) Is the fresh tattoo covered with a healing ointment and plastic wrap , take it off after 2-3 hours and begin the care process	b) Is the tattoo covered with a self-adhesive Foil , it can stay on for 2-3 days. Be absolutely careful removing the foil. Be slow and try to make an acute angle pulling the foil from your skin. Otherwise, you may pull off more than you want!
	<ul style="list-style-type: none">• Wash the Tattoo with clean hands and lukewarm water. Use only pH-neutral and non-scented soaps!• Rinse after that with cold water• Let dry on air or dab with a clean kitchen towel. Never wipe!	
2.	Put some ointment on the dry tattoo and keep it creamy. Don't use too much. Use only as much as necessary.	



When there is a new layer of skin on top of the tattoo (often after 2 weeks) you can use any moisturizer you want

Normal and unnormal signs of the healing process:

A) NORMAL SIGNS:

- Wetness (clear or pinkish liquid mixed with ink) is completely normal in the first few days
 - Small bubbles under the foil can be carefully punctured to let out some of the liquid
 - Remove the foil if the build-up gets to frequent
- redness
- light swelling in the first couple of days
- light fever and shaking in the first 12 hours
 - if they get to heavy or unbearable **contact a doctor immediately!**

B) UNNORMAL SIGNS

- Heavy wetness
- Yellowish, greenish liquid
- Strong smell
- Strong, hurting redness around the tattooed area
- Strong, thumping pain
- Decreased mobility, loss of sensory in the extremities or other parts of the body
- Red lines from the tattooed area spreading under the skin along the arm or the leg
 - This can be a sign of sepsis = **CALL FOR HELP IMMEDIATELY**
- High fever and flulike symptoms are a sign of an infection = **CALL FOR HELP IMMEDIATELY**
- Allergies against certain products (i.e., nickel, antiseptics, ointments etc.) can cause rashes in the tattooed area or the whole body or parts of the body
 - Can develop hours or days after the appointment
 - If this happens = cease the use of any products, consult a medical specialist
- ALLERGIC REACTION TO THE INK ARE VERY SELDOM

...if you are unsure and have any more questions, don't be shy to ask. Better be safe than sorry!

We are looking forward to your next creative idea!

