

Tattoo Aftercare

A tattoo is an open wound — how it heals matters
as much as how it was tattooed.

01

Quick Protocol

EVERYTHING AT A GLANCE

01 **Sterile pad**

Keep on for 3–4 hours. Going to sleep? Keep it on overnight.

02 **First wash**

Hands > remove pad > lukewarm water + mild soap > pat dry > wait > thin cream

03 **Cream**

3–4x per day, very thin. Wet = too much. A specific cream will be recommended after your session.

× **Avoid for 10–14 days**

Swimming · Sauna · Exercise · Direct sun · Tight clothing

04 **Itching & scabs**

Never scratch. Tap gently if it itches. Mild peeling is normal.

05 **Healed Check-In**

Included within 24 months as part of the Healed First® standard.

Irritation rule

Redness, burning, or swelling after cream? Stop immediately. Switch products.

Pad Protection

Sterile pad

Your tattoo will be covered with a sterile, non-adherent pad. Keep it on for 3–4 hours after your appointment. If you're going to sleep soon after, keep it on overnight to prevent sticking to bedding.

Removing the pad

- 01 Wash your hands
- 02 Remove the pad gently
- 03 Wash the tattoo with lukewarm water and a mild, fragrance-free soap
- 04 Pat dry with a clean paper towel or a clean towel
- 05 Wait a few minutes for the skin to fully dry, then apply aftercare cream

Tattoo aftercare cream

Recommended aftercare cream

A specific tattoo aftercare cream will be recommended after your session, chosen based on your skin and the tattoo.

How much and how often

Apply a very thin layer 3–4 times per day. If the cream sits on the surface, looks white, or feels slippery after a minute — you've used too much.

Allergy & irritation rule

Healing issues are often caused not by lack of cream, but by irritation or allergy/sensitivity to a product. Reactions can be very individual – one person may tolerate a cream well, while another may react to it. Some reactions appear only after repeated use (anywhere from 1 day to 2 weeks).

If you notice any of the following after applying cream:

! Increasing redness

! Burning, stinging, or strong itching

! Unusual swelling

! Heavy scabbing or thick crusting

Stop using the cream immediately and switch to a gentle alternative. Contact me to discuss.

If symptoms persist or worsen, contact me and/or consult a pharmacist or doctor.

During healing

Avoid

× Swimming (sea, lakes, pools)

× Sauna & steam

× Exercise (all types)

× Direct sun

× Tight clothing rubbing the tattoo

Scabs & itching

Do not scratch or pick scabs. If itching occurs, gently tap the area – never scratch. Mild redness, dryness, itching, and light peeling are normal during healing.

When to contact me

If redness spreads, swelling increases, the area becomes increasingly hot or painful, you notice pus, or you feel unwell – seek medical advice promptly and let me know.

The first 24–48 hours are the most important.

If possible, include a clear photo in natural light and a short note.

Healed check-ins

01

Healed check-in

4-6 WEEKS AFTER SESSION

Once your tattoo has fully settled, I'll review how it healed — line quality, contrast, how the design lives on the skin.

If any touch-ups are needed, they're included in your project.

INCLUDED IN YOUR PROJECT

02

Healed Check-In

WITHIN 24 MONTHS

As part of the Healed First® standard, one healed check-in is included within 24 months of your session.

I'll evaluate how the tattoo has aged — how it lives with the body, how the lines and contrast have held. If a minor touch-up is needed due to natural healing, it's completed during this visit.

Not covered: sun damage, trauma, or changes unrelated to healing.

HEALED FIRST® STANDARD

Touch-ups

If healing-related adjustments are needed, they're evaluated and addressed during your check-ins.

Changes from sun, improper aftercare, or aging are not covered.

Long-term care

Once fully healed, protect your tattoo from sun using SPF. UV is the primary reason tattoos fade over time.

Your tattoo will age the way it is treated.

Follow the process. Trust the healing.

Good tattoo aftercare protects the work we've both invested in.

If anything feels off during healing, I'm here.