

TATTOO AFTERCARE

Quick reference card | Inkscript.net

FIRST HOURS

- **Cling film:** Remove within 2–4 hours. Wash, pat dry, **and** apply a thin layer of moisturiser.
- **Adhesive film (Dermalize, Saniderm):** Leave on for 3–5 days. The fluid beneath is normal. Remove if it leaks or if you develop a rash at the edges.

DAILY CARE (FIRST 2 WEEKS)

- **Wash** 2–3 times per day with lukewarm water and mild, unscented soap. Clean hands only.
- **Moisturise** with a thin layer of unscented moisturiser after each wash. Thin means absorbed within minutes.
- **Pat dry** with a clean paper towel. Never rub.

DO NOT

- **Picking, scratching, or peeling scabs or flakes — removes ink and** causes patchiness.
- **Submerge in water** — no baths, pools, hot tubs, oceans for at least 2–3 weeks. Showers are fine.
- **Exposure to direct sun** — cover with clothing during healing. No sunscreen on unhealed tattoos.
- **Exercise heavily** for 1–2 weeks — sweat, bacteria, friction, and stretching all damage healing skin.
- **Re-wrap in cling film** after the initial covering is removed.
- **Touch with unwashed hands.**
- **Use** petroleum jelly, scented products, rubbing alcohol, hydrogen peroxide, or antibiotic ointments.

HEALING TIMELINE

- **Days 1–3:** Red, swollen, tender, weeping. Normal.
- **Days 3–7:** Weeping stops. Thin scab forms. Itching begins. Do not scratch.
- **Days 7–14:** Flaking and peeling. **The tattoo** looks faded or hazy. Temporary — colour returns.
- **Weeks 2–4:** Surface heals. Slight cloudiness clears as new skin matures.
- **Weeks 4–8:** Fully settled. Touch-up can be assessed.

SEEK MEDICAL ATTENTION IF

- Redness spreads beyond the tattoo and increases over **the** days
- Pain increases instead of decreasing
- Thick, coloured, or foul-smelling discharge (pus)
- Fever, chills, or red streaks extending from the tattoo

LONG-TERM CARE

- **Sunscreen (SPF 30+ or higher, wide range)** on healed tattoos whenever exposed to sunlight — it's the most effective way to prevent the design's ageing and fading.
- **Moisturise regularly.** Healthy skin keeps the tattoo clear.