

## RECOMMENDED AFTERCARE FOR YOUR NEW TATTOO

Upon leaving the studio, your tattoo will be wrapped. This needs to be left on until you get home. Do not remove it prior to this, regardless of how long it takes you to get home.

### WASHING YOUR TATTOO

Once you are home with clean hands, the wrap needs to be removed. You will notice a layer of excess ink, plasma and blood. The quantity of this will depend on the size of your tattoo and is completely normal. This needs to be gently cleaned off with lukewarm water and a sensitive shower gel or soap. I recommend **Sanex Zero** Sensitive shower gel as it has no harsh chemicals or perfumes in it. However a similar soap or shower gel would be fine. You do not need to use a sponge or flannel, just lather up the soap in your hands and rinse off the mucus. Once clean, pat dry with kitchen towel. Do not use bath towels as they may harbour bacteria and result in hair or fluff getting into your tattoo.

### WRAPPING YOUR TATTOO

For the first 1-3 days we recommend on keeping your tattoo wrapped in cling film where possible. During this time you do not need to apply any cream. Once your tattoo is clean and dry following the instructions above, wrap your tattoo in cling film using micropore tape to keep it in place. This can be left on over night. During the first few days we recommend washing it in the morning, wrapping it in cling film, leaving it all day and repeating the process at night, wrapping it up for bed. This prevents heavy scabbing and helps to prevent any bacteria getting in.

You will notice during this time that there will continue to be discharge underneath the wrap. This is completely normal and just needs to be washed off thoroughly throughout this time with the cleaning instructions above between wrapping.

You may notice the skin getting hot, or worry that sweating under the cling film may affect the healing, it isn't your own bacteria you should worry about, it's bacteria from outside sources that will cause infection, and as long as you're cleaning it thoroughly twice a day, it should be fine.

During this time you may also notice bruising, swelling, redness and surrounding pain, this is also normal.

### SANIDERM WRAP

Your tattoo may be covered with Saniderm upon leaving. If this is the case please follow these directions. This wrap can be kept on for up to 7 days. The longer you leave it on the better. If the wrap is left on for long enough, you will find it will be almost completely healed upon removal. You will find that you will have an almost blood/ink like bubble appear under the wrap for the first few days. This is normal and requires no attention. If you find the wrap is peeling or leaking on the edges, and you would like to keep it on for longer, you may either tape down the edges with surgical tape, or if possible wrap up the tattoo on top of the Saniderm dressing with clingfilm. Upon removal, it is more comfortable to remove it in the shower under warm running water, pulling the dressing in the direction of your hair away from your body. If you remove the dressing in the first 3 days, please continue to wrap the tattoo with clingfilm as instructed above. If you remove the dressing after at least 3 days and the tattoo has completely dried up, please follow the instructions listed below.

### APPLYING CREAM

After the first few days of wrapping, once your tattoo has dried out under the cling film, you can now start airing it out and applying cream. It is during this time that you will notice your tattoo will begin scabbing.

We recommend using **Palmers Cocoa Butter**, the original solid formula (the one in the tub) during this time to prevent the scabs splitting or being accidentally pulled off due to dryness. Do check the ingredients however to ensure you do not have any allergies. You only need to apply a tiny amount to the tattoo. Most people make the mistake of applying lots of cream, thinking it will heal the tattoo quicker, however this is far from the case, and it can cause excessive scabbing, seriously affecting the healing of your tattoo. A very thin layer should be applied twice a day only with clean hands, once in the morning and once in the evening.

### SCABBING

Once your tattoo has started scabbing and you are applying cream, you may notice a few things. The scabs may be discoloured, it may be extremely itchy, and you may have blocked pores from using the cream, possibly creating little pimples. This is completely normal, and your skin will return to normal in time. During the scabbing, do not pick or itch your tattoo, this will result in scabs coming off too early and you may lose in from your tattoo. Do not wear any clothing that may rub the scabs either. If your tattoo is in an awkward place making this unavoidable, you are welcome to wrap the tattoo in cling film like before, however do not apply cream under the cling film. The cling film will create a barrier preventing the scabs from being pulled off. This also applies if you're taking part in any activities in which you think it may get dirty, and can be done periodically throughout the healing process as and when required in order to heal your tattoo in the best way possible, the scabs need to be kept in place for as long as possible.

### OVERALL

The whole healing process will generally take between 7 and 14 days. This is only a rough guide however, and varies from person to person. You will know once your tattoo is healed as all the scabs will have come off and the tattoo will be smooth to the touch. The scabs will come off at different rates and so don't be surprised if you have some persistent scabs.

### Here are some general do's and don't's for throughout the healing process for you to follow;

**ALWAYS** buy a new pot of cream and do not share with others, due to bacteria and cross contamination.

**DO NOT** apply Vaseline, Sudocrem, Savlon or Bepanthen, this may affect the colour of your tattoo and can cause fading.

**DO NOT** submerge or soak your tattoo in water throughout the healing process, as this will create soft scabs that come off too soon. Showering is fine.

**DO NOT** expose your tattoo to direct sunlight until fully healed. Once healed ensure to apply a high SPF sun cream to prolong the quality of your tattoo. Excessive sunlight will fade your tattoo.

**AVOID** swimming until your tattoo is fully healed. The chemicals and submerging in the pool will damage your tattoo and can cause infection.

**AVOID** direct contact of your tattoo with children and animals due to bacteria and cross contamination.

### TOUCH UPS

Touch ups are available free of charge for up to 6 months after your tattoo. This is as you may notice some ink has disappeared once your tattoo is healed. This is a natural part of healing and we're more than happy to book anyone in for a free touch up.

Touch ups however will not be free of charge due to poor aftercare. For example picking, soaking the tattoo in water, exposing it to sunlight etc.

Please get in touch once your tattoo has healed to discuss possible touch ups.

If you're worried at any point about your tattoo during the healing process please contact the studio or artist directly to discuss as we may need to amend your aftercare to suit your needs or skin.

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Disclaimer - of course we are not a medical professionals and so this should not be substituted for medical advice. This is based on our own experience and is given as a guideline only. Therefore we do not take responsibility for the aftercare of your tattoo.