

Tattoo *aftercare* guide

Your skin, your story: care for it the way it deserves.

Technically, your tattoo is an open wound for the first two weeks. This care protects your health and makes sure the design heals crisp and with the color it deserves.

1 · THE FIRST HOURS

- Keep the bandage or protective film on for as long as I told you at the end of the session.
- Before removing it, wash your hands with soap. Take it off gently; if it sticks, wet it with lukewarm water.
- If I applied "second skin" (adhesive film), it can stay on for 3 to 5 days unless I told you otherwise. It is normal to see fluid collected under it.

2 · CLEANING: twice a day for 2 weeks

- **Wash your hands** before touching the tattoo. Always.
- **Wash the area** with lukewarm water (never hot) and a mild, fragrance-free, dye-free antibacterial soap.
- **Rinse and pat dry** gently with clean disposable paper. Never rub; never a cloth towel.
- **Let your skin breathe** for a few minutes before moisturizing.

3 · MOISTURIZING

- **Days 1 to 3:** a very thin layer of healing ointment (Aquaphor Healing Ointment or A+D Original). If the skin looks thick and shiny, it is too much product.
- **Day 4 onward:** fragrance-free lotion (Cetaphil, Lubriderm or Eucerin Advanced Repair) 2 to 3 times a day, for a full 4 weeks.
- Avoid products with alcohol, fragrance, dyes or thick layers of pure petroleum jelly.

4 · WHAT NOT TO DO

DON'T Scratch, rub or pick at scabs and flakes: they take the ink with them.

DON'T Direct sun or tanning beds for at least 4 weeks.

DON'T Pools, ocean, hot tubs or baths for 2 to 4 weeks. Short showers are fine.

DON'T Intense exercise or heavy sweating during the first 48–72 hours.

DON'T Tight clothing that rubs the tattooed area.

DON'T Sleeping with pets on the area; use clean sheets for the first few days.

5 · HEALING TIMELINE

Days 1–3 Redness, mild swelling and some plasma with a little ink coming out. Completely normal.

Days 4–14 Thin scabs form and peeling begins. Itching is normal: moisturize, don't scratch.

Weeks 2–4 The surface skin closes. The color may look dull or "milky" while it matures.

Months 2–4

Deep healing is complete. The final color settles. Large tattoos take longer.

6 · WARNING SIGNS: SEE A DOCTOR IF YOU NOTICE:

- ! Redness spreading beyond the tattooed area.
- ! Pain that gets worse after the third day instead of better.
- ! Yellow or green discharge, or a bad smell in the area.
- ! Fever or flu-like symptoms.
- ! Red, warm streaks spreading out from the tattoo.

YOUR HEALTH COMES FIRST

When in doubt, see a doctor and let me know right away so I can support you through it.

7 · SUN PROTECTION, FOR LIFE

- Once healed, apply SPF 30 or higher sunscreen whenever the tattoo will be exposed. The sun is the number-one enemy of color and crispness, and protecting your skin also helps prevent skin cancer.

Thank you for wearing my art on your skin. Take care of it these weeks, and that design will stay crisp for life.
Wilson

Questions while healing? [Message me on WhatsApp.](#)