

## **AFTERCARE**

Congratulations on your new piece <3

I did half the work, the second half is up to you - how you will care about your tattoo will affect how it will look like over the years.

### **Day before**

DO NOT drink alcohol or take any substances. It affects negatively the blood density and flexibility of the skin - thus the tattooing itself and the healing process. Alcohol also raises your sensitivity levels thus getting a tattoo drunk doesn't actually help you bear the pain, on the contrary, it makes it more painful. I can refuse to tattoo you if you show up drunk or high.

Drink a lot of water - hydrated skin is more flexible so you heal better after. Get a good sleep, when you are well rested you can deal with the pain better. Eat before your appointment and you can bring chocolate to get some energy through the session :)

### **Day 1**

You keep the foil I covered your new piece with for 24 hrs. You can take a shower, the foil doesn't let anything in. Don't be scared if the tattoo under the foil looks weird, your skin is releasing the excessive ink, blood and plasma and the foil doesn't let it leave. After you remove the foil and wash it nicely, you will see that all is fine. Do not go out or drink alcohol the first night.

### **Day 2 - 4**

After 24 hrs you carefully remove the foil and wash it with antibacterial soap and lukewarm water to remove the blood and ink. Carefully remove all the dry parts with gentle scrubbing, don't scratch it off, you could damage the skin and it could affect the healing process. As long as the tattoo is not dry and the skin is releasing excessive liquids, you should wash it at least 3 times per day, removing the liquids and dried parts so that a scab doesn't create. After washing dry out gently with a clean piece of cloth by tapping the area. If you don't have access to running water throughout the whole day, use wet wipes for baby's ass without perfumations.

After washing your tattoo apply an aftercare cream. Either Fusadine, Bepanthen plus or shea butter. Something clean with panthenol and without perfumes and colouring agents which will be thick enough to create a protective film.

### **Day 4 - 7**

By this time the skin should be closed already and nothing is coming out. If scabs created, leave them on, DO NOT remove them, they will fall out on their own when the skin under is healed. You should keep putting the cream and keep it nicely moisturised at all times.

### **Day 7 - 14**

Your tattoo will start peeling off like when you get sunburned. Do not remove the skin. It might itch as well, do not scratch, only slap it gently. Cold water and re-applying cream or oil helps relieving the itching. Keep applying the cream. At this point, you can start using coconut oil or body lotion of your preference.

### **Month 1 - 3**

After your tattoo peeled off, it's almost healed. Keep it nicely moisturised at all times and dedicate special attention to this area while applying - massage it gently, you'll help the skin in regeneration and

you'll avoid creating scar tissue. Whenever you are in the sun apply a sunscreen with SPF 50. First month apply a layer which will cover the tattoo completely.

### **Swimming, bathing and physical activity**

The first two weeks the ink is still not stable in your skin, so by sweating, swimming and exposing it to the sun you risk a blow out. Keep it dry and don't sweat too much. First week avoid working out, long hot showers and baths completely, second week at your own risk.

### **If something goes wrong**

If you have a feeling that your tattoo is not healing well, do not hesitate to contact me and send pictures of the weird area. I can usually recognise if it's a normal reaction to damaging the skin (especially with fillings and bigger areas the healing process might be a little bit more difficult) or you have a reaction to the ink and you should visit a doctor.

If a part falls out or fades, we can organise a touch up - if it happens due to my work, touch up is for free. If it is due to insufficient care on your side, touch up will cost like a normal tattoo.

Thank you for your trust and enjoy your new piece <3