

AFTERCARE GUIDE

HEALING TIMELINE & INSTRUCTIONS

FULL HEAL: 4-6 WEEKS

DAY
ONE

01

FRESH TATTOO CARE

CRITICAL PHASE

1. Leave wrap on for 2-4 hrs to protect the wound
2. Wash with lukewarm water & fragrance-free soap
3. Pat dry with a clean paper towel — never rub
4. Apply a thin layer of unscented aftercare cream

x No cling wrap overnight

x No pools or ocean

x No direct sunlight

DAYS
2-7

02

PEELING & HEALING

ACTIVE HEALING

1. Wash twice daily — morning and night
2. Moisturise 2-3 times a day when skin feels dry
3. Let it peel naturally — don't pick or pull
4. Wear loose, breathable clothing over the area

x Don't pick or scratch

x No soaking in baths

x No gym towels on it

WEEKS
2-4

03

LONG-TERM CARE

PROTECTION PHASE

1. Continue daily moisturising after peeling stops
2. Apply SPF 50+ any time tattoo is exposed to sun
3. Stay hydrated & eat well — heal from the inside
4. Check in if redness, swelling or oozing persists

x No tanning beds

x No prolonged sun

x No exfoliating products

IMPORTANT NOTICE

If you experience fever, extreme swelling, or oozing beyond day 1, contact your artist or a medical professional immediately.