

# TATTOO HEALING

\*not a replacement for professional medical advice

## DAY 1

### WHAT TO DO

- Leave your wrap on until the next morning
- Take Paracetamol if you are experiencing discomfort



### WHAT TO EXPECT

- Soreness
- Redness
- "Weeping" under your bandage

### DO NOT...

- Submerge it in water (a quick, lukewarm shower is okay)
- Expose to the sun
- Drink alcohol

### WHAT TO EXPECT

- A little soreness
- A little redness
- "Weeping" of ink and blood

### DO NOT...

- Submerge it in water (a quick, lukewarm shower is okay)
- Put scented lotions or soaps on it
- Expose to the sun
- Scratch
- Place in restrictive fabric

## DAY 2

### WHAT TO DO

- Remove bandage
- Wash gently with unscented soap (e.g, Sebamed pH Neutral)
- Apply small amount of healing ointment (Bepanthen Tattoo)
- Leave untouched as much as possible
- Take Paracetamol if you are experiencing discomfort



## WEEK 1

### WHAT TO DO

- Wash a couple times a day
- Moisturize
  - Days 1-7: Healing ointment (e.g, Bepanthen) 4x per day or whenever dry



### WHAT TO EXPECT

- No redness after day 2
- Scabbing
- Peeling
- Itchiness (AHHHHH!!!!)
- It may look like your tattoo is falling off!

### DO NOT...

- Submerge it in water (a quick, lukewarm shower is okay)
- Put scented lotions or soaps on it
- Expose to the sun
- Scratch
- Pick scabs or flakes off

### WHAT TO EXPECT

- Flaking
- Next-level itchiness
- Compliments on your sweet new tat

### DO NOT...

- Submerge it in water
- Overly expose to the sun
- Scratch

## WEEK 2

### WHAT TO DO

- Lotion as needed

