

## After care

### BANDAGE

After your tattoo I will put Tattoo ointment on your tattoo and wrap it with cling film. Leave the Bandage on for about 3-4h.

#### To change the Bandage

Wash your hands, Wash your tattoo (no soap), tap it dry with kitchen roll, put on some ointment put on a cling film for the first night.

*If you find a funny liquid under the cling film it is nothing to worry about. It does not mean that the tattoo is losing color or anything is wrong with it. It is just ichor.*

*If you work in a dirty enviroment (landscaping etc.) I recommend to use the cling film bandage method for a longer period of maximum 5 days. If you decide to go with the cling film for a couple of days please change it 2-3 times a day.*

Other than that the rules are simple.

### KEEP IT CLEAN, KEEP IT MOISTURED

Clean	Moisture
<p>Wash your hands</p> <p>Clean the tattoo with warm water (as warm as you can bare it) and then cold water. This helps getting all the dirt out and then closing the pores.</p> <p>Do not use soap. If you feel the need to use soap please use a very mild one (like Dr. Bronner's Baby Mild.).</p> <p>After cleaning tap it dry with kitchen roll and please moisture your tattoo.</p> <p><b>1-2 times a day.</b></p>	<p>I recommend <u>Wise Choice Naturals</u> because it is amazing and local. However it is not vegan (Beeswax).</p> <p>For smaller tattoos you can use Coconut Oil.</p> <p>If you want to go classic go for Bepanthen but be careful. Do not put a thick layer on the tattoo!</p> <p><b>1-2 times a day is enough!</b></p>

- **Don't touch it, don't pick it, don't scratch it**

Please do not touch your tattoo with dirty fingers, or even worse, let others touch it. It might feel itchy but please resist and do not scratch! Also, I know the funny little colored pieces of skin are fun to pick, but also please resist if you want your tattoo to heal perfectly.

- **No sunbathing for 4-6 weeks**
- **No Sauna for 4-6 weeks**
- **No bathing or swimming for 4-6 weeks**
- **No tanning for 4-6 weeks** or ever again in your life. Tanning causes so much trauma to your skin..

*Every skin is different and you are the one who knows your skin best. So please listen to your skin and body. A lot of times the biggest mistake is to put too much moisturiser on, so please be aware of that. If you have any problems please contact me via [sarah@tattoorituals.com](mailto:sarah@tattoorituals.com) and I will do my best to help you.*

*Thank you for following these instructions.*

*Kindness Sarah*