LOOK AFTER YOUR NEW TATTOO

Tattoo aftercare.

Healing a tattoo is easier than you think. Follow these steps to help your tattoo heal and settle perfectly. Trust me, you've got this!

Caring for your second skin

01	Keep it covered. Leave the second skin on for a minimum of three days. Five to seven days is ideal.
02	Don't worry about fluid. Over the next few days it may fill with excess ink, plasma and blood. It might not look nice, but it is absolutely normal.
03	Shower as usual. While the second skin completely covers your tattoo, you can shower normally. Don't scrub the tattoo or submerge it in a bath or swimming pool.
04	Remove it gently. After the recommended number of days, carefully remove the second skin before or in the shower, whichever works best for you. Go slowly and don't rip it off like a plaster.
05	Wash with clean hands. Use warm water, either on its own or with unscented antibacterial soap. Gently remove all excess ink, blood and residue.
06	Remove adhesive carefully. If adhesive remains on your skin or tattoo, gently rub a little tattoo ointment over it to help release it.
07	Moisturise lightly. Apply tattoo aftercare ointment in the morning and evening. A thin layer that leaves a light shine is enough. If your skin is naturally dry, apply it once more during the day.

DON'T PANIC

Has the second skin peeled?

AFTER THREE DAYS

If the tattoo is partly exposed

Remove the whole second skin and follow steps 4-7. Let the tattoo breathe, keep it clean and keep it moisturised.

BEFORE THREE DAYS

If the tattoo is partly exposed

Remove the whole second skin. Clean the tattoo thoroughly with clean hands and warm water; use only water or unscented antibacterial soap. Wrap it in cling film for the first three nights. If the roll is already open, discard the first section before using it. Keep the tattoo clean, let it breathe and moisturise it with proper tattoo aftercare.

RULE OF THUMB

Recommended ointment routine

Remember, sometimes less is more. Use a thin layer each time. The tattoo only needs to appear lightly shiny.

Week 1	Week 2	Week 3	Week 4
Four times a day	Three times a day	Twice a day	Once a day

The tattoo should only appear lightly shiny after each application. A thick layer can prevent the skin from breathing.

KEEP IT HAPPY

General advice

- Avoid tight clothes or anything that could rub against the tattoo, such as bra straps or tight jeans.
- If the edges of the second skin roll up, carefully cut them as close as possible without cutting yourself.
- Some swelling or light bruising can happen. Bruising may develop a yellow tone; this is normal.
- Don't Google it or ask a friend if you have a question. Message Alexa first or contact the studio. No question is stupid, and she is happy to help.

WHAT TO USE

Tattoo aftercare ointment

Recommended

Hustle Butter is designed with healing tattoos in mind. You can also use Palmer's Cocoa Butter - Unscented. Whichever you choose, apply a light layer rather than coating the tattoo.

Please avoid

Do not use Vaseline or coconut oil. Choose a product with suitable healing properties.

Keep this guide handy

Scan for the live aftercare guide, or visit:
alexarydertattoo.com/aftercare

Questions? Message @alexarydertattoo on Instagram.